Mrs LUCAS'S FRENCH COOKERY BOOK

BY

ELIZABETH LUCAS

$2.00

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By Elizabeth Lucas

THIS delightful book on French cookery is intended to fill a place between the volumes written by amateurs with no attention to detail and the elaborate professional manuals. In other words, it is designed to be simple, but accurate and informing. The recipes included are by no means entirely French. The directions for cakes and for many of the savouries and soups are drawn from Scotland, England and America, but it is chiefly based on the cookery of France from which American housewives can learn so much.

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With some Additional Hints from English and American Kitchens

By

ELIZABETH LUCAS

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PREFACE

"English cooking at its best is the most delicate and wholesome in the world. What a pity that so many streets lie between the houses where it is to be found in perfection."—*A French Visitor to London.*

IT is hoped that this book may fill a place between the many stimulating little volumes written by amateurs less concerned than I am with detail or the processes of cooking and the well-planned manuals compiled by professionals in which every inch of the ground is faithfully covered and in which no personal preferences are shown.

The planning of this book may at first sight appear unsystematic. The space given to vegetables and fish, for instance, might be considered too great if my object were to treat exhaustively of cookery as a whole. Yet it is in these two departments of cookery that lessons from the French are most valuable. If the treatment of fish and vegetables were better understood, the simplest dinner might become a delight instead of a mere meal.

Again, the professional cook touches everything with an equal measure of authority. The lover of good cookery, who writes, must write mainly about what she likes best. This may excuse the fact that in this book there is no mention of venison. But on the whole, its contents should be found sufficiently comprehensive for the needs of the majority of houses.

The receipts included are by no means entirely French. The directions for cakes and for many of the savouries and soups are drawn from Scotland, England and America. But the cookery of France will continually be referred to—not so much for its actual dishes, many of which are too elaborate for our daily needs, as for the art and patience with which the simplest food is prepared in most French homes. In France trouble is taken, not avoided, and no one can hope to succeed in French methods unless small details of preparation are carefully carried out. None of them, as recommended in this book, should be burdensome or complicated. On the contrary, they are mostly a matter of good-will, a sharp knife and a few extra minutes' work.

French cooks start out with many advantages. In the first place, they are not obliged to prepare a solid breakfast ; in the second, they have easy access to good, simple restaurants, where in France the best cooking is to be found, and lastly, their ardour is continually stimulated by the discussion of food and cooking. On the Continent, this subject is always a fruitful theme for conversation. The mistress of the home understands cooking and assists her cook with practical advice, while most Frenchwomen claim a palate as their traditional heritage.

This book has been written, after long residence in France, in the hope that it may be of use to both mistress and cook in other countries.[1] It should

[1] My own country has, of course, been most in my mind, but all can learn in varying degrees from France.

contain the point of view both of those who eat and of those who prepare meals.

That cooks can be taught and made enthusiastic—even to the point of taking infinite trouble—I have proof. The two best cooks I know in London are Englishwomen living in French families. They have been trained, one by a business man who has never entered his kitchen, but who by his enthusiasm and knowledge has brought his cook to a level of excellence that is astounding ; the other by a busy woman who devotes many odd moments and every Saturday afternoon to instruction.

It is certainly not for lack of good receipts that so much of our family and hotel cooking is dull and indifferent. No nightmare could have revealed to St. Paul the full number of cookery books of the making of which there never will be an end. Neither singly, however, nor in full force will they affect our national reputation until both marketing and cooking are considered arts worthy of the attention of mistresses of homes.

Two main points I should like to make. They are simple in themselves, but of great importance :—

1. That lunch should be kept a simple light meal.

2. That dinner, however simple, should contain one dish—fish, flesh, fowl or vegetable—to which special thought has been given by both mistress and cook.

If this were made a practice, every evening might bring variety and that special enjoyment which is given by the unexpected. And enjoyment of food is undoubtedly the best aid to digestion.

With regard to the expense of carrying out certain receipts, I would add that in no case have rare ingredients been recommended, and most strongly do I deprecate the use of vegetables, fruit, etc., out of season. Wine is a pleasant thing to use in cookery. It refines and enriches, but it is rarely essential.

It has been suggested to me that the long, slow cooking which so often brings about excellent results in French cookery is an expensive method owing to the amount of gas which must be used. Remember, therefore, that the tiny point of gas required for all simmering costs almost nothing at all—even if it is in use for five or six hours.

One thing more : The question of temperature should not be forgotten. Hot dishes cannot be too hot ; but above all, especially in summer, sixpence spent on ice may make all the difference between a meal that will pass without remark and one that may be memorable.

To any woman who is staying in Paris and can afford the time, I would recommend the Cookery School of the Cordon Bleu, 129, Faubourg St. Honoré. Single lessons may be taken, and even one is worth while. The magazine published by the School deals both with the *haute cuisine* and the *cuisine bourgeoise*. It is in every way admirable and instructive. By the kindness of its editress I have been allowed to print several receipts from its pages.

ACKNOWLEDGMENTS

ANY writer on cookery has a great debt to acknowledge to other books; there is very little room nowadays for fresh invention. One adapts and changes, but for the most part the best receipts are common property. When the formulæ have been laid down, it is left to the cook to make masterpieces of them, or to spoil the whole—an easy matter. After all, what is required is not so much originality as finish and execution.

To acknowledge more exactly my personal indebtedness, I must admit that wherever, at whatever town in France, I have stopped, my first thought has been to buy the cookery book of the *pays*. After that, I was free to study the beauties of the neighbourhood. I am grateful to all of these books for hints and suggestions. Where receipts have been taken, they have been acknowledged. I tender my special thanks to M. Albin Michel, 22, rue Huyghens, Paris, for his kindness in letting me reprint from two of the late M. Renaudet's most excellent books:—*Secrets de la Bonne Table* and *Soixante Recettes pour Préparer le Lapin*; one from M. Paul Bouillard's delightful and stimulating *Gourmandise à Bon Marché* and several others from M. Alfred Suzanne's 250 *Manières d'Accommoder les Œufs* and 300 *Manières d'Accommoder les Legumes*, both very useful and simple books. M. Tacussel (Marseilles) allows me to print a receipt from M. Reboul's book on Provençal cookery (*La Cuisinière Provençale*). I have not had space to quote any receipt from Mme. Pampille's fascinating *Bons Plats de France* (*Arthème Fayard, Paris*), but I am indebted to her for the knowledge that the *chou farci* can be made à very delicate dish by stuffing it with white meat and purée of spinach instead of with sausage meat as is usually done. (Published in Paris, 14, rue Duphot.)

From the *Pot au Feu* I am allowed to quote directions for preparing soufflés. These are taken from one of the admirable duologues which appear in each issue of this magazine between the *Vieille Cathérine* and *la Dame en Peine*. For the clearness and helpfulness of their directions they are unequalled.

The publishers of the *Picayune Cookery Book* (New Orleans), one of the most delightful of American Manuals, permit me the use of a receipt for corn bread, and the American Women's Club in London has kindly allowed me to reprint from their *Cookery Book* a receipt for nut loaf.

But even more than to books I owe gratitude to French restaurant-keepers, some in Paris, but more especially in those regions where the finest traditions are still preserved—Burgundy, the Savoy and the Bordelais. No one interested in cookery can fail to learn and be inspired by a meal at the Hotel Permollet in Belley, at the Trois Faisans in Dijon, at the Etoile in Chablis, at the Chapon Fin or (on a more modest scale) at Jane Madeleine's in Bordeaux. I name only a few—but I would add the Hotel de la Couronne in Rouen. These and their like are the best schools in which to study how artists can make a meal a delightful entertainment.

I would like to thank those friends who have given me the receipts to which their names are attached, and also American friends who have sent me rules for various American specialities.

For hints on the choice and use and care of wine I am specially indebted to Mr. C. W. Berry and to the " Amateur of Limited Means " who between them have dealt with this great subject.

Some of the main points which this book contains were first set out in articles which Mr. Thomas Marlowe commissioned me to write for the *Daily Mail*, as he felt strongly that the French way of dealing with food could not be too often insisted upon. I thank him here for the encouragement which he then gave me.

CONTENTS

		PAGE
PREFACE		v
ACKNOWLEDGMENTS		ix
CHAP.		
I.	ON GOOD COOKING	13
	1. The Art of Ordering	14
	2. Seasoning	16
	3. Extravagance in Cooking	17
	4. Fads and Food	18
	5. Kitchen Utensils: their Choice and Care	19
	6. Cooking *en Casserole* and Braising	20
	7. Frying, Baking and Grilling	22
	8. Larding	23
	9. Barding	23
II.	VARIOUS SMALL PREPARATIONS	24
III.	HORS-D'ŒUVRES	28
IV.	STOCKS	30
V.	SOUPS	33
VI.	SAUCES	41
VII.	FISH	49
VIII.	MEAT	73
	1. Beef	74
	2. Mutton and Lamb	80

CHAP.		PAGE
VIII.	MEAT—*continued.*	
	3. Pork and Ham . . .	83
	4. Veal	85
	5. Curry and Warmed-up Dishes .	92
	6. Chicken	94
	7. Ducks, Geese, Pigeons and Turkeys	101
	8. Game-birds	106
	9. Rabbits and Hares . . .	109
IX.	VEGETABLES—POTATOES . . .	113
X.	VEGETABLES—*continued* . . .	120
XI.	SALADS AND SALAD DRESSINGS . .	146
XII.	EGGS AND EGG DISHES . . .	155
XIII.	RICE AND MACARONI . . .	163
XIV.	SWEETS, PASTRY AND UNCOOKED FRUIT DISHES	167
XV.	A FEW GOOD CAKES AND BISCUITS .	190
XVI.	SAVOURIES, CHEESE, SANDWICHES .	199
XVII.	COFFEE, ETC.	208
XVIII.	WINES	212
	INDEX	223

MRS. LUCAS'S FRENCH COOKERY BOOK

CHAPTER I

ON GOOD COOKING

C'est par le cœur qu'on prend les hommes: c'est par l'estomac qu'on les garde—CLÉMENT VAUTEL.

YOU are not doing the best you can for your friends unless from time to time you surprise them, and you cannot surprise them unless you have the spirit of adventure—the quality most lacking in those kitchens where mistress and cook meet in silent discomfort—the mistress ignorant, the cook joyless and obstinately determined to keep within the limits of her small knowledge and experience. How are these to be widened unless the mistress has the sense of adventure prompting her to widen her own range and try experiments? Ordinary, plain cooking, as we all know, is admirable at its best: but it greatly lacks imagination.

There is much to be said against the over-elaboration of many French dishes. But the cookery of the French home is not necessarily or even usually elaborate. The word which the French use in praise of good plain cookery is the one they apply also to those women who give most pleasure to the observant

eye. To be *soignée* is to be self-respecting as well as attractive : it is to have made the most of what one possesses, whether one is rich or poor. Slipshod cookery is just as deplorable as a slipshod woman. In the art of cookery as well as in the art of dressing one aim is a certain coquetry of effect : another is the economy displayed in making the best of the material.

But something more than attention to detail is needed in the mistress of a house who wishes to keep a good table. Personal zest must go to the management of the kitchen. Much that is necessary in the preparation of food should become automatic in every cook : but the personal touch is the magical touch. It is that touch which can give the simplest house its individuality and its charm.

§ 1. The Art of Ordering

English-speaking people are apt to think of the phrase " métier de femme " as meaning only that a woman's business is to be tactful and seductive—in proportions as required. But in point of fact that *métier* is a profession involving the charge of a household in which actual housekeeping is an important part.

If the provision of food is a duty, the ordering of meals is an art.

Nowadays almost everything is ordered by telephone or through the boy who calls for orders. It is comparatively seldom that either cook or mistress chooses the materials. Yet there is more inspiration in a well-stocked shop or market than can ever be found within the walls of a kitchen or in the pages of the most attractive catalogues ; and to order without seeing what one orders is like painting landscapes from mere recollection.

Markets specially quicken the imagination, and it is

a pity that there are not more of them and that those which exist are so difficult of access.

As a rule the mistress herself must undertake the marketing, for it is not easy to dislodge our cooks from their kitchens, and they would seldom care to go out in the early morning—as every French *femme de mènage* does—and return with a bulging bag full of good things to eat which she has chosen with a wary eye and discriminating finger.

The basis of good cooking is good material. The telephone has many poor uninventive menus to answer for—much tough meat, many vegetables past their prime and inferior fruit.

For the thing that has been forgotten—and to order tinned goods and other unvarying products—the telephone is of the greatest use. But for the things that matter, for the things that in an every-day simple dinner are going to make a difference, its use is a crime against the spirit of hospitality which bids you give of your best : and that includes above all, your attention and your zeal.

After the choosing, the cooking.

The most delightful meals are those on which the individuality of the house is impressed ; meals obviously planned for the delight of the guest and to suit his tastes. Even if a high level of excellence cannot be kept up, some *spécialité de la maison* can be as celebrated among your friends as any creation of a *cordon bleu*.

There are, for instance, few houses which are remembered for their coffee.

Among other simple but distinguishing specialities over which too much trouble cannot be spent are good bread (not to be found at every baker's), perfect butter, excellent cheese in its best season, the crispest

biscuits and the best tea. Wine, too, is a subject n to be neglected, and a section of this book is given to i But merit can be obtained merely by keeping a goo brew of beer, stone ginger-beer or cider. Many guest will remember that he has drunk good beer at certain house, when he has forgotten whether the foo was fine or ordinary.

If to the selection of such things—and to the makin of good crisp fresh toast—the determination of th hostess is given ; if she can depend on good roa meats, poultry and game, well-cooked vegetables an fish and half a dozen dishes that are peculiarly her ow specialities, she may, even beyond her merits, gai credit with her friends.

§ 2. Seasoning

The art of seasoning should come first in the cook education. To salt is not merely to give a dish slightly saline taste ; the salt should bring out esse tial and hidden flavours. It must be added durin cooking, not afterwards, and it must be unadulterate *Gros sel* (rock salt), such as is used in France, is th best. A salt-mill is a delight for table use.

Black or white pepper, ground as required, necessary both in the kitchen and on the table. It h a life and an alertness and flavour altogether wanting i the stale powdered article in general use in this countr Therefore provide pepper-mills.

No kitchen should be without its savoury herb fresh or dry ;—thyme, parsley and bay-leaf for th small " bouquet," which adds so much to the flavou of soup and sauce, fish and meat : tarragon, chervi chives to give the last touch of distinction to the co smoothness of the perfect green salad as well as to mar sauces.

Spices should be used sparingly, and it is better not to use them at all than to overdo them.

Sugar must be counted among the things that season, for, like salt, it brings out flavour. It must, however, be used very carefully. A little sugar is essential in the cooking of some vegetables, such as peas, and in making stock.

§ 3. Extravagance in Cooking

It seems necessary to say a word in defence of what is often regarded as extravagance in good French cooking.

The use of the best butter in any quantity is often discouraged by mistresses. Half a pound more than usual in the cook's weekly bills is a matter for serious enquiry. Yet, even in these days, an extra pound of butter a week—two shillings' worth—is not so great a matter but that some other economy might set the books right. The French waste nothing and so can afford the best. It is the use of good butter which makes the chief difference between dull and exquisite cooking.

Cream, too, is often avoided on the grounds of economy, yet even a tablespoonful of it will give suavity to a sauce or a specially delicate quality to many dishes. As to wine, little more than a glass is needed to enhance a sauce or a dish.

The "extravagant" things need not be for every day, but they will grace a meal as a tribute to friendship and help it to remain pleasantly in the memory.

The one inexcusable extravagance, condoned by a good many mistresses and careless cooks, lies in the haphazard choosing of food and the waste of it in cooking.

An apparent extravagance which leads directly to

economy—is the purchase of an ice-box or refrigerator. A very little ice will keep foods sweet which quickly deteriorate in hot weather. There is nothing more extravagant than half-melted butter.

One economy I warmly recommend—to eat only what is in season. To wait is to increase your pleasure as well as to save your purse. June strawberries will have lost a good deal of their delight if you have forestalled them by their expensive hot-house forerunners.

§ 4. Fads and Food

"One of the worst diseases that can fall upon a man is the disease of worrying about his food and drink." [1]

Where dieting is made a fetish, bad or at best dull cookery is common—a not unnatural reaction of the cook and wife in the faddist's household. Conscientious vegetarianism, although it may be a bore to those immediately concerned, must be tolerated, all the more as it offers some scope for ingenuity.

Undoubtedly dieting is necessary for certain people—for the too fat, for the too thin and for those who are ill. These people, however, have no right to dissuade others more fortunate than themselves from enjoying anything that is good to eat.

As a general rule people digest better and thrive better when they eat what they like and like what they eat.

Also, to be temperate in food is far wiser and more practicable than to be scientific.

Too much knowledge of proteins and vitamins has a tendency to kill joy in eating.

[1] I quote this sentence from the philosopher and poet "A. E."

§ 5. Kitchen Utensils : Their Choice and Care

Detailed lists of kitchen utensils are given in every good cookery book. It is necessary only to mention a few of the most important.

Though our own stores now contain the best of foreign kitchen-ware, I would advise any woman who is in Paris to walk through the departments of the big shops there which deal with the furnishing of a kitchen. They are seldom visited by strangers, but there are few places in which the resources of France are more evident. Such a visit should be undertaken with as much piety as a visit to the Louvre.

Earthenware and aluminium saucepans are excellent, but for slow cooking (stews, ragouts and braised meats) there is nothing to equal copper.

A big earthenware pan is necessary for stock-making.

An iron pan (*marmite*) with a heavy lid is useful for braising when a copper one is not used.

Two iron frying pans of different sizes are needed for omelettes.

Iron utensils when new should be well washed, greased and held over a fierce heat for a few moments. Then cleaned.

Copper pans which are lined with tin should be thoroughly cleaned after they have been used, by boiling water with a pinch of soda in them. After throwing the water away, scour the pan with a little damp silver sand. Then rinse and dry thoroughly. If they are unlined, they need only be washed out with soda and boiling water. It is most important that they should be absolutely dry before being put away.

For cooking sauces thickened with eggs a *bain-marie*

is useful, but the copper outfits sold in shops are expensive and unnecessary. The saucepan in which you are cooking can be put on a small grid and stood in a larger pan containing boiling water. The result is just as effective.

Earthenware cooking utensils are invaluable if they come from a good maker. They should be chosen with an eye to shape and colour, for the meats, etc., cooked in them can often be served direct from the oven.

Have, therefore, two or three earthenware casseroles in which food cannot only be cooked but sent to table.

All earthenware dishes should be thoroughly immersed in strongly salted water and boiled before being put in use.

In most of the big stores a frame can be bought which is fitted with hair and wire sieves of different sized meshes. This arrangement saves space in a small kitchen.

A kitchen thermometer will save much anxiety. The necessary temperatures for baking, etc., are given in the receipts that follow.

§ 6. Cooking *en Casserole* and Braising

Nowadays the ordinary household is a small one, using gas instead of the coal-heated range. Baking in an oven has taken the place of roasting before the fire.

Even the most indifferent mind must occasionally wonder if meat can be shut up in an oven over strong gas flames and not imbibe some of their fumes.

There is an alternative to baking—cooking *en casserole;* that is, in a closely covered pot. This method is still relatively seldom used among us, yet

it is an admirable and inexpensive way of dealing with almost any form of meat or poultry.

The minimum of heat is required : a very important consideration in small modern kitchens.

If the cooking, or braising, done *en casserole*, is carefully carried out, there is nothing better, more succulent, more aromatic, or more nourishing than the result, since all the essences of the meat have been kept in by a lid whose fitting closes the pot almost hermetically.

There is not only economy in this method of preparing meat—once it is browned, the long simmering is continued over a mere point of flame—but there is also a saving of labour. Vegetables can be cooked with the meat and served on the same dish—or, better still, in the casserole itself. It has to be remembered, however, that the use of vegetables prepared in this way cannot replace as an article of diet those which are cooked in water.

Cooking in a casserole offers a field for intelligent adventure ; but, roughly speaking, there are two main methods.

The simplest is carried out by browning fowl or meat in butter in the pot over a strong flame, adding a cupful of good stock, a glass of white wine (if you have it), a small sprig of thyme or a few leaves of tarragon or a little chopped parsley. This accomplished, the pot must be covered and the contents left to themselves to simmer, with occasional basting, over a very small flame for an hour or an hour and a half.

No other pot is so pleasant to watch ; its fragrance is appetising even to the cook, and there are few risks of failure. It is the ideal way of cooking for the woman who must prepare her own meals.

Casserole dishes should be sent to table in the copper or earthenware pots in which they are cooked.

A second method, braising, requires more time and a little more work. The pot is lined with bacon rind or fat salt pork and sliced onions and carrots. The meat—and anything may be cooked in this way, provided the pot is large enough—is first browned in butter or fat over a strong flame. Stock is added—the quantity depending on the size and the joint—and the gas adjusted to the long process of simmering.

Two or three hours will be required for a small joint, four or even five for a larger one. Three hours will bring back youth to an old fowl. Except for occasional basting, the addition of a little more stock, one turning of the meat and the preparation of the gravy, no more care is required.

The choice of the pot is important. Nothing can rival the tin-lined copper pot. It is expensive, but it does away with the fear of burning ; and it is beautiful. The cast-iron *marmite* in general use in France is cheaper—and plainer ; but it has great merits, though experts say that the food cooked in it loses delicacy of flavour.

Casserole dishes can also be cooked in the oven. A steady temperature of about 185° should be maintained.

§ 7. Frying, Baking and Grilling

The directions for frying are given at the beginning of the section on Fish.

Special directions are given for baking where necessary. The temperature of an oven for baking meat should start at 450°. After a few minutes it should be lowered to 375°.

Keep separate grills and pans for fish and meat. Before using a grill, oil it carefully and heat it.

§ 8. Larding

Larding is a delightful art ignored by many cooks. It is particularly necessary to lard meats that have no particular flavour, such as veal ; or those which are very lean or apt to be over-dry, such as the legs of a guinea fowl or the back of a hare.

One practical lesson in larding will teach you all you need know.

Larding is carried out with very fat bacon or with the fat of pork. Cut slices of either about $\frac{1}{4}$ of an inch thick. Lay them one on top of the other and with a very sharp knife cut them into strips about 2 inches long.

Generally larding is superficial only. The lardoons are threaded through the surface of the meat, across the grain. Both ends should protrude a little and be neatly trimmed off.

These little strips of fat must be well seasoned, and in many cases they are all the better for having been packed in a covered dish with a mixture of herbs for at least an hour before they are used.

Strips of tongue or ham, celery or truffle can be used for larding.

§ 9. Barding

To bard is to cover a piece of meat or the breast of poultry with a thin slice of fat to prevent it from drying up. Fat bacon is used. It must be cut in thin slices and slit in several places to prevent it from curling up.

CHAPTER II

VARIOUS SMALL PREPARATIONS

A VERY little preparedness in the kitchen will save the cook both trouble and anxiety at the last moment. Nothing is more important from this point of view than a provision of stock (with which I deal in the next chapter) and a bowl of it should always be on hand. In addition, a number of the following simple preparations should be in readiness in advance whenever they are likely to be needed :

Blanched Almonds.—Put the almonds into boiling water and leave them until their skins rub off easily between the fingers. Drain and spread them out to dry.

To pound almonds, leave them to soak for an hour in cold water after blanching, then pound them in a mortar, adding a few drops of orange flower water or lemon juice as you work.

Salted Almonds.—Put the almonds into boiling water for a few moments then remove them and rub off the skins. Put them into an ungreased tin, salt them lightly and brown them in a moderate oven, shaking the tin occasionally. The almonds must be of the best quality ; they will keep well in an airtight tin.

Bouquet.—The French term " bouquet " denotes a little bunch of herbs—a sprig of thyme, another of parsley and half a bay leaf—tied together with cotton. It is used for flavouring soups, sauces and stews.

Bread Crumbs.—Bread crumbs cannot be prepared haphazard. Stale bread must be used. Cut it up in small pieces, lay it on a cloth, gather it up by the four corners and work it with one hand until the bread is well broken up. Put it through a wire sieve.

Bread Crumbs for Game.—Rub a cupful of stale white bread through a sieve. Put a tablespoonful of clarified butter in a pan. When it is very hot add the bread crumbs and stir them till they are brown and crisp. Drain them on paper.

Raspings of Bread.—Put a number of crusts in the oven and leave them until they are very brittle. Crush them with an iron and put them through a fine sieve or pound them in a mortar. They can be kept for a long time in a well-corked bottle.

Croûtons, Croûtes and Croustades.—These French terms are used to denote pieces of fried bread of different sizes. They are served with soups, used as garnishes for vegetables or as a base for savouries and game.

They should all be made of close-textured bread which is at least a day old. The little croûtons for soup can be cut in dice, or in fancy shapes. The slices of bread of which they are made must be about $\frac{1}{3}$ of an inch thick. Croûtons for garnishing are cut larger.

Croûtes and croustades are used in making savouries. They are cut out of bread about $\frac{1}{2}$ an inch thick.

The frying is best done in clarified butter. All these croûtes should be delicate in flavour, uniformly coloured a golden-brown and absolutely dry and crisp. Before serving they should be carefully drained in the oven. Clarified fat can be used instead of butter.

Clarified Butter.—Heat the butter in a pan. Remove the white scum which rises to the top. Pour it into a bowl, being careful to keep back any sediment.

Anchovy Butter.—Pound 12 fillets of anchovy in a mortar and mix them thoroughly with half a pound of the best butter.

This butter made into little balls is delicious for tea. Or it can be spread on thin biscuits such as Romary unsweetened wafers.

Horseradish Butter.—Take finely grated horseradish and mix it with six times its weight in fresh butter. This is excellent with little steaks.

Mustard Butter.—Mix a heaped teaspoonful of mustard with a quarter of a pound of butter.

Salmon Butter.—Pound some salmon and mix it with half its weight of good fresh butter. Season. This is very pleasant for breakfast.

Sardine Butter.—Skin and bone a dozen sardines. Pound them and mix them with quarter of a pound of butter.

Tarragon Butter.—Put a handful of tarragon leaves into boiling water for a few moments. Remove, drain and pound them. Add quarter of a pound of butter and mix thoroughly.

Chestnuts for Purées.—Slash each chestnut in several places. Bake them in a hot oven for five minutes. Remove the shells. Boil them for ten minutes and when cold remove the inner skin. Prepare as directed in various receipts.

Eggs for Sauces, &c.—Separate the yolks from the whites with the utmost care. Break them by tapping them smartly on a sharp edge ; put the yolks, one at a time, on to a plate (to test their freshness), then into the bowl into which they are to be beaten.

Whites of eggs are firmest if beaten up in a copper bowl. Not one speck of yolk must be allowed to remain in them. Add a pinch of salt and whip with a patent beater or fork. If they are beaten on a platter, a knife is the best thing to use.

Fat for Frying Uses.—Leave the fat in cold water for several hours. The water should be changed several times. Drain the fat and chop it finely. Heat it very gradually in a pan adding water in the proportion of a wineglassful to the pound of fat. Continue cooking as gently as possible until the small fibres contained in the fat begin to brown. Then strain it through two layers of muslin. Keep it in a dry place. Each time the fat is used it should be strained again.

Fat that has been used for frying may be clarified thus. Melt the fat and add a little bicarbonate of soda. Add plenty of water. Bring it to the boil. Remove the scum. Cool. Take out the fat which will have become solid and scrape off any extraneous matter. Melt it again—very slowly. During this process any water that may have been left in it will evaporate and impurities will sink to the bottom.

White Roux.—Clarify (p. 25) 3 ozs. of good fresh butter. Put the same quantity of flour through a sieve. Put the butter

into a pan and when it is hot add the flour gradually, stirring hard all the time. There must not be any lumps. Cook very gently over a small flame for fifteen minutes or set in the oven to cook (this is a better way). Keep in a cool place and use as required. A small stock of this roux saves a great deal of time in cooking sauces, and soups, etc.

Brown Roux.—Allow the butter to brown (not blacken) before adding the flour.

Caramel.—Melt about two ounces of white sugar with a spoonful of water in a thick iron saucepan. Stir it over a quick fire until it has turned a fine brown. Care must be taken or the caramel will burn and blacken.

Orange Sugar.—Pound the yellow rind of three oranges or lemons after drying it in the oven. Mix it with quarter of a pound of sugar. Keep in a well-corked bottle.

Or, rub pieces of sugar on the rind of an orange or lemon. Tangerine peel gives a very good flavour.

Praline Powder.—Take equal quantities of white sugar and unskinned almonds. Turn them over together in a pan until the sugar has browned well. Pour the mixture on to a well-oiled marble slab. When it is cold pound it very fine in a mortar.

Vanilla Sugar.—Pound three vanilla beans in a mortar. Put the powder through a fine sieve together with 2 lbs. of confectioner's sugar. Put into a wide-mouthed bottle and cork firmly.

CHAPTER III

HORS-D'ŒUVRES

THE best prelude to a meal consists of dishes clean-tasting and even a little sharp, which act as appetisers. Whatever cloys is misplaced here, and ordinary mayonnaise is cloying.

The oyster or iced caviare is best of all : but neither comes within the means of everyone. Mussels cooked in a little white wine, carefully trimmed, dressed with oil and vinegar and sprinkled with finely chopped parsley are very delicate.

The canteloup, and the still more exquisite hot-house melon, are also only for the rich except occasionally during summer. Grape-fruit served without any meretricious liqueur flavouring is one of the best fruits with which to begin a meal. Some of the tinned brands are excellent and save that lengthy process of preparation.

If sardines are used they should be of the best French brands. They do not compare as appetisers with fillets of anchovy or Hamburg herrings.

Tomatoes carefully prepared (p. 154) with or without shredded onion, pickled red cabbage, beetroot and horse-radish (p. 50) are all good. So is cooked cauliflower with a thin mayonnaise or French dressing, powdered with parsley. Cooked chicory with a French dressing is ideal, for its slight bitterness is appetising. Sweet-corn certainly has no stimulating properties, but served very cold with seasoned cream is an exceedingly pleasant thing to eat.

Cucumber also is suited for this course (p. 151). Pulped, with shrimps and a thin cream-mayonnaise it makes an attractive dish.

Fresh artichoke bottoms with a French dressing are delicious. Bottled artichokes and mushrooms are not worth buying. They have no flavour.

All hors-d'œuvres should be arranged so as to please the eye. They give the note to the meal.

The very best fresh cold butter should be served with them. Radishes too, if only for their prettiness. Olives are important. They are excellent stuffed with foie gras.

Thin slices of brown bread and butter are good with hors-d'œuvre. So is toast Melba.

Toast Melba buttered and spread with Gentleman's Relish is an excellent hors-d'œuvre especially where vermouth, or gin and vermouth, is drunk as a cock-tail. But the toast must be absolutely fresh.

CHAPTER IV

STOCKS

OUTSIDE of Continental Europe a supply of good stock is, as a rule, only to be found in the best organised kitchens. In France one might almost say that the small home is built round the *pot-au-feu* ; and its stimulating and aromatic contents are always ready for use. It is a symbol of preparedness, for the stock it contains is the basis of soups, sauces and stews.

For the making of stock a large earthenware pot is best. There are no hard and fast rules as to the ingredients of stock. All kinds of unneeded scraps of meat, cooked or uncooked, can be used and save expense. The best meat to buy is buttock steak or shin of beef with its valuable marrow bone. The meat should be wiped with a cloth wrung out in cold water and then cut into pieces. Very little fat should be used. A knuckle bone of veal will give a soft quality to soup. Have the bones sawn in pieces, brown them in the oven and place them at the bottom of the pan. Then add the meat. Cover with water—a quart to a pound of meat—and bring to the boil so slowly that the process takes about an hour. Skim carefully from time to time. When boiling point is reached throw in a cup of cold water. This will cause the scum to rise quickly. Skim it off, cleaning the sides of the pot with a cloth. (It is the grey scum which should be removed ; the white

which rises when the stock is clear should be left.) From this time on the stock must simmer so gently that scarcely any movement is noticeable. The lid of the pot should be tilted to one side to allow evaporation. Simmer in this way for two hours, then add a few carrots, turnips, a leek and celery, all of which, if you want a brown stock, should have been coloured by cooking in butter or good fat. Add also an onion stuck with a clove and a lump of sugar. Simmer for another two hours then strain through a cloth into a large earthenware basin.

Chicken bones and giblets will greatly improve the flavour of stock.

To Keep Stock

Strain off any vegetables the stock may contain. Place the basin containing it in a cool airy place, raising it from the shelf or table by standing it on pieces of wood so that air may pass under it. In summer stock should be boiled up once a day ; in winter every other day. It is best to season stock as it is required.

To Remove Fat from Stock

Every particle of fat should be removed from clear soups. Stock that is to be thickened can be treated a little more casually.

The easiest way of clearing stock from fat is to let it get cold. The fat will rise and form a solid layer which is easily removed with a spoon which has been dipped in hot water. Any small particles which remain can be cleared away by wringing out a clean cloth in boiling water and pressing it gently on the surface of the stock. The fat will adhere to it.

When there is not time to allow the stock to cool, a great deal of fat can be removed by laying layers of tissue paper on it. These will absorb the fat. Or it can be strained two or three times through cloths which have been dipped in very cold water and wrung out.

White Stock.—Take three pounds of knuckle of veal. Cut the meat from the bone and wipe it well. Break the bones. Put altogether in a deep pot and cover with three quarts of water, adding chicken or turkey bones and giblets. Proceed as for brown stock, but use uncooked vegetables and simmer for four hours.

Chicken Stock.—A very delicate stock can be made by using an old fowl instead of veal. It should be cut up and the bones broken. For a fowl weighing three pounds use two quarts of water. Simmer for two hours and strain.

Stock for Consommé.—The best stock for this purpose is made with an old fowl which has been roasted long enough for it to be coloured all over, and a piece of knuckle of veal. Cover with two quarts of water and simmer for five hours.

Fish Stock.—Simmer the bones, skins and trimmings of fish in water, together with vegetables and seasonings for about an hour. A chopped scollop gives a delicate and distinctive flavour to fish stock; so do oysters.

Glaze.—Reduce a quart of good stock that has been made with browned vegetables to half a pint, by boiling it rapidly in an uncovered pan. Strain it and reduce it to half this quantity. When it is cold put it in a bottle and keep it in a cool place well corked.

CHAPTER V

SOUPS

CONVENTIONS die hard, and it is difficult to imagine a time when soup will not figure on every civilised menu. It would be interesting to know how many people would consider its inclusion essential if their own tastes were consulted. Women probably would decide against it by a majority ; men would be less ready to give up what they are accustomed to. From a digestive point of view soup, in small quantities, is stimulating as well as pleasant, though in large doses it is the worst possible beginning to a dinner of any length and merit. For an ordinary dinner one pint is sufficient for three people.

I have not given receipts for bisques or such soups as are expensive and elaborate to make. The cheaper soups are no less stimulating and pleasant.

No receipt for soup need be considered as definite, for the varying of them is one of the most amusing arts in cookery. Given a little knowledge, an interest in combining flavours and a gift for seasoning, an infinite variety can be evolved. Soup-making should always be an adventure. The risks are small.

Any kind of delicate vegetable purée is better than the coloured fluid so often served as clear soup which is without flavour or charm or any power to stimulate.

To Clarify Soup

Allow one white and the shell of an egg to each quart of stock.

Beat the white lightly, and add two teaspoonfuls of cold water to it. Wash the shell and crush it. Add both to the stock when it is cold. Bring it to boiling-point, stirring all the time. Boil for two minutes, throw in a wineglassful of cold water, then set aside for twenty minutes. Strain through a sieve covered with a piece of fine linen.

To Thicken Soups

It will be found a great saving of time to have a supply of white and brown roux at hand (p. 26). When using it, melt it in a pan with a little stock or milk, then add it slowly to the soup and let it simmer for a few minutes. If there is no roux, thicken the soup in the usual way with a little flour and butter.

A more delicate way of thickening soup is with the yolks of eggs.

Beat the yolks (two will be sufficient for half a dozen people), add a little milk or stock and strain through a fine sieve. Let the soup go well off the boil. Add the yolks gradually, stirring all the time. Reheat gently, but on no account let it boil or it will curdle.

Unless otherwise stated the receipts given are intended for from 4—6 people, and the amount of stock or other liquid can be judged accordingly.

A Simple Soup Made from any Good Clear Stock.—A delicious soup can be made with any kind of good well-flavoured stock, veal, chicken or game, in which a little vermicelli has been cooked. Add to it the yolks of eggs (two to the pint of stock) which have been mixed with cream and strained. Season carefully and serve with grated cheese or cheese-straws.

Consommé.—A consommé is a good stock that has been greatly reduced in quantity (see p. 32). Add the usual lightly browned vegetables and a tiny sprig of thyme and one of parsley. It should be clarified with white of egg (p. 33).

Consommé to which a wineglassful of good red wine has been added makes an excellent night-cap.

Cold Consommé.—To a good consommé add a teacupful of

chopped raw meat or chicken and the white of an egg. Bring to the boil and simmer for an hour and a half. Season and strain through a cloth. Set on ice before serving in cups.

A little strained tomato juice or a wineglassful of sherry, or both, may be added to the consommé whilst cooking.

A pimento put through a sieve is an excellent addition.

Consommé with Poached Eggs.—This excellent pick-me-up is best served in cups. At the bottom of each put a small round of bread that has been browned crisp in the oven and buttered. Bring some consommé to the boil, then very carefully slide into it several fresh eggs. When they have set, place one on the bread at the bottom of each cup and fill it up with consommé.

There will be less risk of breaking the eggs if a *bain-marie* is used. The eggs can then be cooked in the cups already filled with the consommé.

Croûte au Pot.—Proceed as though making brown stock (pp. 30–31). Put 2 lbs. of buttock steak, chicken bones and giblets with marrow bones wrapped in muslin in 3 quarts of water. When all the scum has been removed add two sliced carrots, a turnip cut into small dice, the white part of two leeks and an onion stuck with a clove. Simmer for two hours. Remove meat and bones and serve with the vegetables.

Cut a long, thin French roll into slices and brown them in the oven. Serve them separately, as if put into the soup before it is served they lose their crispness. Serve also grated parmesan.

I believe this is the best soup in the world. Its fragrance and its stimulating properties are not to be equalled. It should justify its name by being sent to table in the fine brown earthenware pot in which it has been cooked.

Brown Bread Soup.—Toast several slices of brown bread and add them with a little celery and a sliced carrot which have been simmered and lightly browned in butter, to a quart of good brown stock. Simmer for an hour. Put through a sieve. Reheat gently, thickening with the yolks of eggs mixed with a little cream (p. 34), or with brown roux (see p. 26). Serve with croûtons made of brown bread.

Game Soup.—Take good game stock (prepared in the same way as chicken stock) and bring it to the boil. Prepare a number of mushrooms and cook them in butter. Put them through a sieve. Add this purée and a little *crème de riz* to the stock, season and serve with tiny croûtons of fried bread.

Mimosa Soup.—Cut up a number of very tender French beans into small slices. Cook them. Boil two eggs for twenty minutes. Take the required amount of good and delicate brown stock, season it and add the beans. Just before serving, put the yolks of the eggs through a coarse sieve and sprinkle them on the soup. You will have a harmony in green and yellow to justify the name.

Oyster Soup.—For this soup a fish stock is required (see p. 32). Simmer oysters, three or four to each person, very gently in a little white wine or milk. Take them out and set them aside. Add their juice to the well-strained fish stock. Cook a very little chopped onion, celery and sliced carrot in butter, but do not let them brown. Add them to the stock, season and simmer for half an hour. Strain. Thicken with white roux or the yolks of eggs diluted with cream. Slip in the oysters and serve at once. Milk can be used instead of stock for this soup.[1]

Rice Soup.—Wash three tablespoonfuls of Carolina rice and put it in boiling veal or chicken stock. Simmer for an hour. Put through a sieve. Bring to the boil again, adding more stock if necessary. Thicken with the yolks of eggs (p. 34). A few mushrooms which have been cooked in butter and added to the soup while simmering will be of great value as a flavour.

Vegetable Soups with or without Stock

Soups made with purées of vegetables are delicate, nourishing and inexpensive. The basis of all is a purée made by passing vegetables which have simmered in a little butter until tender through a sieve. Specially

[1] Clam Soup is a household word in the U.S.A., but the clam cannot be obtained in England. It can, however, be bought satisfactorily in tins (*e.g.* at Jackson's, in Piccadilly). It is a delicate and nourishing soup for invalids.

to be recommended are peas, fresh or dried, tinned sweet corn, asparagus, French beans, celery, spinach and marrow. Many combinations can be tried.

A pint, or even less, of purée should be diluted with a quart of milk, or a pint of milk and one of white stock.

A very little ham, cooked with the vegetable, and a touch of onion improve the flavour of pea, celery, spinach and potato purées.

When heating the mixture of milk or stock and purée, beat it continually so that it froths. Add a little cream just before serving. Season well.

Freshly-made cheese straws are very good with these soups.

Always put the vegetables through a sieve whilst they are hot, adding a little liquid to them during the process.

These soups should taste delicately of the fresh vegetables. On the whole they are better made with milk than stock—less expensive too.

Artichoke Soup.—Simmer a pound and a half of Jerusalem artichokes in butter with a large potato and half an onion. When the vegetables are tender put them through a sieve. Put them back into the pan, season and add a pinch of nutmeg, a little butter in very small pieces, two tablespoonfuls of tomato purée (p. 143) and sufficient hot milk to make the required quantity. Serve with very crisp croûtons.

Carrot and Tomato Soup.—Take two parts of carrot to one of tomato. Clean the carrots, scrape and slice them and simmer them very gently in a little butter with a slice of onion, a sprig of parsley, a little celery, a very little ham, or a ham bone. Add to them the tomatoes, a teaspoonful of sugar and one of cream of tartar. Add the necessary amount of stock or milk. When the carrots are cooked, remove the parsley and ham and put the soup through a sieve. Put back into the pan. When this is tender, pour in a little cream. Stir well together and serve at once with croûtons.

Cauliflower Cream.—Cut all the leaves and stalk from a large cauliflower, break into small branches and boil them in slightly salted water. Drain well. Put through a sieve, reserving a small portion, and add cold stock or milk. Simmer in a little butter for fifteen minutes. Mix the yolks of two eggs with a little milk, strain and add this to the soup. Season and simmer until it thickens to the consistency of a good custard.

Chop the cauliflower which was not put through the sieve and add it with seasoning.

The soup can be thickened with a little white roux instead of yolks of eggs.

Celery and Tomato Soup.—Boil a head of celery cut in slices in a pint of water. Add half a tin of tomatoes, a slice of ham, a chopped onion, and a carrot, a very small bouquet, several peppercorns, a clove and a teaspoonful of sugar. Simmer for about forty minutes, put through a sieve, having removed the ham and bouquet ; thicken slightly with white roux and season.

Celery soup can be made without tomatoes. Simmer the celery with a little onion and a tablespoonful of rice. Omit the ham, but otherwise proceed as directed above. A little cream will improve its quality.

Crécy Soup.—Slice six medium sized carrots, an onion and the heart of a fine lettuce. Heat three ounces of butter in a pan and simmer the vegetables in it very gently for half an hour, having added a teaspoonful of sugar. Add a quart of water or stock, a slice of lean ham and seasoning. Reduce by slow cooking for about an hour. Take out the ham and put the soup through a sieve. Reheat, thicken if necessary, add two tablespoonfuls of very thinly sliced cooked carrots. Serve with croûtons of fried bread.

Crème Du Barry.—Boil the white part of a cauliflower and rather less than its weight in potatoes until tender. Drain carefully and put through a sieve. Add sufficient milk to make the required amount of soup, season and simmer for ten minutes. Just before serving thicken with the yolks of two eggs beaten up in a little milk or cream. Serve with cheese straws.

Crème Sophy.—Put 2 ozs. of washed rice into a pan with 2 ozs. of butter and stir it for a few minutes, but do not allow

it to colour. Add a quart of clear stock or water and simmer very slowly till the rice is cooked.

Wash and chop half a pound of spinach. Chop the white part of two leeks and slightly colour them in a little butter. Add both to the soup and simmer for half an hour, skimming carefully. Put through a sieve. When ready to serve thicken with the yolks of two eggs (p. 34), stir in a little cream and several very small pieces of butter.

Cucumber Soup.—Peel a large cucumber and cut it into slices. Sprinkle them with salt and set them aside for an hour. Run cold water through them and drain thoroughly. Put them in a pan with a pint and a half of white stock or milk and a tablespoonful of finely chopped chervil and tarragon and a handful of sorrel. Season and simmer for an hour. Put through a sieve, keeping back a little of the cucumber to be added to the finished soup. Thicken with the yolks of two eggs diluted with a little cream, or with white roux.

This is a very agreeable and delicate soup. The sorrel, with its pleasant bitterness can, however, be omitted.

Marrow Soup.—Prepare and cut up a vegetable marrow. Let it simmer in milk to which a little onion, the heart of a lettuce and a slice of ham have been added. When the vegetable is tender, set aside a little of it and put the rest through a sieve with the milk. Cut the marrow left over into dice and add to the soup with a little finely chopped parsley, seasoning and butter.

Mushroom Soup.—From half a pound of small mushrooms set aside a few of the best. Peel these, cut them in four and cook them in butter. Chop the rest finely, fry them in butter, to which add a tablespoonful of flour. Then put them in a saucepan with a pint of milk which has been scalded and a pint of clear white stock. Simmer for quarter of an hour. Rub through a sieve, then strain through muslin. Heat again very gently. Add the cooked mushrooms that were set aside just before serving. This soup can be thickened with the yolks of egg and cream.

Onion Soup.—Chop up several Spanish onions. Put a large tablespoonful of butter in a pan and when it is very hot add the

onions and two tablespoonfuls of bread crumbs. Cover the pot closely and simmer gently for forty minutes. Add the required amount of stock, milk or water very slowly, and continue simmering for half an hour. Season and pass through a sieve. This excellent soup can be greatly improved by the addition of two eggs and a little cream (p. 34). If made with water, use, if possible, that in which beans or peas have been cooked. Serve with grated cheese.

Tomato purée can be added (p. 143).

Pea Soup (or St. Germain.)—Simmer in butter a pint of peas, fresh or tinned, with a small onion and the heart of a lettuce, a lump of sugar, a tablespoonful of bread crumbs and a little mint. When they are tender put through a sieve. Heat the purée in stock or milk, adding cream at the last moment.

Polish Soup.—Slice a fairly large cooked beetroot and a large Spanish onion finely. Put them in a saucepan and cover them with a quart of clear brown stock. Bring it to the boil and then simmer it very gently for an hour and a half. Put all through a sieve. Rinse the saucepan and put back the soup into it. Add a glass of red wine. Season with salt, pepper and a very little cayenne. Heat gently, but do not allow the soup to boil again. Just before serving add a cupful of cream.

Potato and Cress Soup.—Carefully wash a bunch of watercress and then strip off the leaves. Chop very finely. Cook three good-sized potatoes and a small onion in milk, and when they are tender put them through a sieve. Return to the pan, adding more stock if necessary, with the watercress and several tiny pieces of butter. Serve with croûtons.

Sorrel Soup.—Wash and chop two handfuls of sorrel, one of spinach, a lettuce and the white part of a leek. Simmer in a little butter until all the vegetables are cooked. Put through a sieve and add stock or the water in which peas or beans have been boiled. Season and add a little cream.

CHAPTER VI

SAUCES

THE perfect maker of sauces must have a touch of genius, a fine palate, great patience and as great forethought. The average cook will do well to limit her choice to a few and master them thoroughly, for only a trained palate can recognise that relationship of flavours which makes the perfect sauce. A poor sauce is a wicked leveller of natural tastes which would be excellent left unadorned ; or else it is a disguise for something mean and tasteless. Better than any sauce, for most roast meats, fowls and game, is their undiluted gravy, served very hot with the grease scrupulously removed, for it gives the essential succulence in liquid form. Any kind of thickening of such gravy is unpardonable. It spoils both colour and taste.

Entrées, warmed-up meats, venison, some game and certain other dishes require their special sauces. Once the complementary flavours necessary for these are known, a little experimenting (not an expensive matter) should end in success even for the amateur—and there is great honour in success. Few rules for sauce-making can be absolute. Sauce for meat is like dress for a woman ! Individual taste must be allied with art. Good stock, both white and brown, should be at hand as well as bottles of the *best* meat essence, herbs and flavourings. (See Mushroom Extract, p. 138.)

A convincing proof of indifference to good cooking is the careless preparation of that white sauce which is

constantly in use in almost every home. There is no question of expense here—merely of care. If it were possible to test a cook before engaging her, she should be set to make this sauce, and if it were smooth, well-seasoned, of the right consistency and artfully flavoured to suit the dish for which it was required, she would have shown herself possessed of judgment, patience and a palate.

Certain sauces, the receipts for which will be found in every cookery book, such as mint and bread sauce, I do not mention. Sauces special to certain dishes will be found elsewhere.

Plain White Sauce.—Put a dessertspoonful of butter in a saucepan, and when it bubbles add a dessertspoonful of sifted flour or cornflour. Stir continually for five minutes over the fire *with a wooden spoon.* Draw to one side and add *very slowly*, still stirring, a teacupful of cold milk. Heat again and season with salt and pepper. A richer sauce is made by adding more butter in very small pieces, one at a time, after the milk has boiled. Any required flavouring can be added. The sauce should cook for at least ten minutes. Tiny pieces of butter sprinkled over the sauce when finished will prevent a skin from forming.

Cooked roux (p. 26) can be used.

This sauce can also be made by pouring into hot milk cornflour which has been mixed absolutely smooth with a little cold milk. Many people will find this will be the safest way. Butter is added in small pieces, and the mixture is boiled for at least ten minutes.

White sauce is all the better for longer slow cooking. Sliced vegetables will improve its flavour. When they are used, the sauce must be strained before serving.

Béarnaise.—Reduce a small glassful[1] of tarragon vinegar to which you have added a small bouquet[2] and several pepper-

[1] A "glass," unless otherwise stated, means a "claret" glass.
[2] See p. 24.

corns to two tablespoonfuls. Let it cool, then pour it through a strainer on to the slightly beaten yolks of two eggs. Put into a small pan which is standing in a *bain-marie* (p. 19). Whisk continuously till thick and creamy, adding, in very small pieces, about two ounces of the best butter and finely chopped tarragon and chervil and seasoning. Whisk all well together and serve at once.

Béchamel.—This sauce is made in the same way as white sauce, but with half milk, half white stock. While cooking it should be flavoured with a bouquet composed of half a bay leaf, a spring of parsley and one of thyme. A slice of onion, two or three of carrot and the trimmings of mushrooms previously fried in butter, will add greatly to its goodness. The sauce should be cooked for at least half an hour and must then be put through a strainer. Reheat it, adding a little more butter in very small pieces. Beat well together.

A little cream added at the last moment will give quality to the sauce.

Celery.—Cook chopped celery with a little onion in white stock. Put it through a sieve. Season. Thicken slightly and just before serving stir in a few small pieces of butter and a little cream.

Chivry.—Chop a little tarragon and a small piece of a shallot. Pour on these half a glassful of wine. Bring to the boil and cook until reduced by half. Strain. Make a roux of butter and flour (p. 26), moisten with a cup of stock and simmer for 10 minutes. Add the yolks of two eggs. Stand in a *bain-marie* and whip until the mixture thickens. Add very small pieces of butter, the cooked wine and a tablespoonful of thick purée of spinach. Serve with veal or steak. (*Le Cordon Bleu.*)

Cranberry.—Wash a pint of cranberries, then boil them rapidly in a very little water till they "pop." Add sugar and simmer again for fifteen minutes. The sauce will be improved in appearance, *but not in flavour*, if put through a sieve. Serve cold.

Espagnole.—Put butter the size of a walnut in a pan. Add small pieces of ham, chicken or game, a small onion stuck

with a clove and a sliced carrot. Simmer until well browned, closely covered. Stir in a tablespoonful of flour, and moisten with a pint of good stock. Add a very small bouquet and simmer for four hours, skimming when necessary. Put through a sieve and keep in a well-covered jar.

Mushroom parings, tomato purée and a glass of white wine can also be added.

Hollandaise.—There is no standard receipt for making this sauce. Directions differ so greatly that one feels that each cook must discover for herself the best way of making it. Here is one French method :—Heat about three ounces of the best clarified butter in a pan standing in another containing boiling water. Add to it the yolks of two eggs which have been diluted with a small wineglassful of water and strained. Beat the mixture with a wooden spoon until it begins to thicken. On no account let it boil. Whilst the sauce is cooking add a few tiny pieces of butter. Season and add a little lemon juice. The sauce should be light and frothy. The materials used must be of the best.

Instead of lemon juice, white wine-vinegar may be used. The vinegar should be boiled with herbs and reduced to a third of its original quantity. A dessertspoonful (or less) will be sufficient.

Maltese.—Into a small deep saucepan put half a glass of white wine, vinegar or lemon juice, a little salt and freshly ground pepper. Reduce by boiling. Let the liquid grow cold, then mix it with the yolks of three eggs and put through a sieve. Stand in a saucepan in a *bain-marie*. Melt two ounces of fresh butter, pour it on to the mixture, whisking it well together and adding the juice and grated rind of half an orange.

Mornay.—Add grated Gruyère and Parmesan in equal parts to a good white or Béchamel sauce.

Mushroom.—Peel and chop two or three ounces of mushrooms. Cook them in a very little butter. Pour this butter into a brown sauce, mix well. Add the mushrooms just before serving. Or, the mushrooms can be put through a sieve before adding them to the sauce.

Onion.—Cook two or three sliced onions until soft in a little butter in a closed pan. They should not brown. Put

them through a coarse sieve and add them to a white or brown sauce.

Poulette.—Thicken some good clear veal stock with a small quantity of white roux (p. 26). Add a small bouquet, and the trimmings of two ounces of mushrooms. Simmer again very slowly for half an hour. Chop the mushrooms and cook them in a little butter and a tablespoonful of white wine.

Add the yolks of one or two eggs (according to the amount of sauce made) and the butter in which the mushrooms have been cooked. Stand in a *bain-marie* and beat with a small whip. Put through a sieve and add the chopped mushrooms, seasoning and a few tiny pieces of butter.

Robert.—Chop an onion and brown it in butter. Sprinkle it with flour. Add well-concentrated stock and a little wine. Simmer for half an hour. Add mustard, pepper (cayenne or paprika), and strain. Serve very hot.

Tarragon.—Blanch a small handful of tarragon leaves for a few minutes in a very little boiling water. Remove the leaves and chop them. To the water in which the tarragon was blanched add half a pint of Béchamel sauce. Simmer for ten minutes. Before serving add a few small pieces of butter, the chopped tarragon and seasoning. Whip lightly together.

Tomato.—Simmer half a tin of tomatoes with three peppercorns, a lump of sugar, a clove, a piece of bay leaf, a teaspoonful of chopped onion and salt for twenty minutes. Put through a sieve. Make a brown roux (p. 26) of one tablespoonful of butter and one of flour. Add to it, gradually, the hot tomato liquid. Tinned tomatoes save trouble, and are excellent here.

Cold Sauces

For Mayonnaise and its variants, see p. 148.

Cranberry or Red-currant Jelly and Celery.—Make cranberry jelly (p. 43). Wash and shred the best part of a head of celery. Add it to the jelly whilst hot and stir occasionally till it begins to set. Serve with chicken or turkey. Red currant jelly can be used instead of cranberry.

Currant Jelly and Mint.—Half melt a cupful of red currant jelly. Add to it a heaping tablespoonful of the finest chopped mint and a few raspings of orange peel. Set in cold water and stir till the jelly begins to set again.

Horseradish.—Grate horseradish as finely as possible. Mix it with cream, add a little salt, a pinch of sugar, and wine vinegar to taste. It must, when finished, be of the consistency of thick cream and should stand an hour or two before it is served.

Maître d'Hôtel Butter.—Work together in a bowl fresh butter and a little finely chopped parsley, adding a few drops of lemon juice.

Ravigote.—Pound the hard-boiled yolks of two eggs with four anchovies. Add chopped parsley and tarragon. Add very slowly four tablespoonfuls of oil and one of vinegar, with a little mustard, salt and pepper. Serve with cold or hot fish.

Remoulade.—To half a cupful of mayonnaise (p. 148) add a coffeespoonful of dry mustard, a heaped tablespoonful of finely chopped parsley, chervil and tarragon, a few capers and chopped gherkin. Crushed garlic may be added.

Tartare.—Make a mayonnaise sauce (p. 148). Add to it mustard, freshly ground white pepper and salt. Chop a gherkin, squeeze it out in a cloth and add it with chopped parsley, tarragon, chervil, a few capers and a grain of cayenne.

Vinaigrette.—Take oil and wine vinegar in the proportion of two and a half of oil to one of vinegar. For the rest, the ingredients can be varied according to taste. Onion there must be, chopped very fine, add parsley, chervil and tarragon. Salt and freshly ground pepper are also essential. Chopped gherkins and hard-boiled eggs can be added if you like. All the ingredients must be well mixed in a bowl.

Sauces for Fish

The receipts for Béchamel, Mornay, Hollandaise, mayonnaise, horseradish and tartare sauces are given elsewhere. See also anchovy, maître d'hôtel and tarragon butter (p. 25).

Black Butter.—Reduce half a wineglass of wine-vinegar, to which two or three peppercorns and half a bay leaf have been

added, to half this quantity. Strain and return to the pan to keep hot. In another pan put about three ounces of clarified butter and a teaspoonful of finely chopped parsley. Allow it to cook until it has turned a deep brown, then add it to the vinegar. Bring to the boil and serve at once.

Brown Butter.—Clarify some good butter and cook it till it has turned a light brown. Season and add a dash of lemon. This is a good sauce to serve with fried sole or with skate. A couple of tablespoonfuls of cream can be added. The sauce should then be beaten till it froths.

White Butter of Anjou.—Chop several shallots very finely. Let them simmer in a wineglassful of white wine vinegar for quarter of an hour. Season well. Add butter in small pieces and beat the sauce till it froths. Season.

Lemon Butter.—Clarify some good fresh butter. Season it and add lemon juice to taste.

Cucumber.—Peel a cucumber (p. 151), cook it in salted water, slice it very finely and add it to a good white sauce made with a little lemon juice or wine vinegar.

Fish Stock Sauce.—Remove the bones and skin from fish, adding to them any small trimmings that can be spared. Season and add a chopped small onion or shallot, a little carrot, mushrooms, a wineglassful of water, and one of wine (preferably chablis), or two glasses of water. Simmer for an hour. Strain. Thicken with the yolk of an egg diluted with cream and strained. Beat till the sauce froths, standing the pan in which it is made in another containing boiling water. Add small pieces of butter as you beat and a few drops of lemon.

Lobster.—Add the pounded coral of a lobster to a good Béchamel sauce. Mix well, stir in chopped or pounded lobster and season.

(2) Make a little stock with the carcase and trimmings of a lobster, adding a small chopped shallot. Reduce to a very small quantity. Strain. Add milk or cream and thicken with white roux or the yolk of an egg. Stir in a number of very small cubes of lobster.

Mussel.—Make a white sauce with the liquid in which mussels have been cooked (p. 62), add the mussels and seasoning.

Mustard.—To a little white roux add boiling water. Season and stir over the fire for several minutes, adding more butter in very small pieces. Add mustard to taste, having first mixed it very smooth with a little wine vinegar or lemon juice. A richer form of this sauce is made as follows. Thicken a little white stock with the yolk of an egg. Strain it. Season with mustard, lemon juice, pepper and salt. Beat in a *bain-marie* till it froths.

Normandy.—Beat a little of the best fresh butter with an equal quantity of cream in a pan standing in another containing gently boiling water (*bain-marie*). Season lightly. A little lemon juice may be added. This is a most delicate sauce and very easy to make. Its success, however, depends entirely on the excellence of the materials used.

Tomato.—(1) Simmer two or three tomatoes with a few herbs and chopped vegetables for half an hour. (For this sauce use fresh tomatoes.) Add a pinch of bicarbonate of soda and a small lump of sugar. Put through a sieve and mix with a cupful of Béchamel or white sauce. Season. Serve with cod, hake, mackerel or halibut.

CHAPTER VII

FISH

EAT more fish! And, equally, learn to cook it more variously. Even the most direct, simple and substantial meal, such as gives satisfaction to the plain man, will not be harmed in his eyes if a little sense of adventure goes to the fish course—provided, of course, that the adventure is successful.

That we do not eat more fish is a reproach to housewives who will not trouble to find out how infinite are the possibilities in fish and in its preparation. Once more the telephone is the enemy of variety. To sit at home and order fish is to remember the obvious only; whereas a visit to the fishmonger trebles those possibilities and should, if your man is worth dealing with, ensure good quality of fish at their best seasons.

How rarely one eats scollops in a private house. Nothing is more delicious if cooked with an artist's care. Smelts, too, are seldom met, yet Brillat Savarin very rightly calls them the woodcock among fish. No other has such a curious and delicate flavour. John Dory is excellent. Bream, too, is useful and very good if its flavour is slightly enhanced by clever treatment, and pike, if you will take the trouble, can be made into a memorable dish. Even the despised hake, if thoroughly understood, can be converted from tastelessness to excellence.

Most people as they grow older find it healthier to eat lightly at one meal—so that after a substantial lunch fish should often be made the *pièce de résistance* at a family

dinner. It could be varied every day of the month, for there are so many ways of cooking fish—boiled, grilled, *à la meunière*, *au gratin* (not necessarily with cheese), and so many delicate and easily prepared sauces which add flavour and character to an ordinary fish.

Many fish dishes are greatly improved by the addition of a little wine, and for this purpose nothing is better than Chablis. It is light and it blends exquisitely. Wine can, of course, be omitted ; but without it you do not get the same distinguished effects.

The trimmings of filleted fish should be used for making stock for sauces, etc.

On the Quantities of Fish required per Head

It is very difficult to give any exact information on this subject, since much must be taken into consideration both with regard to the fish and the guests. If the fish course is only one of several a very small portion is all that is needed ; roughly speaking, from four to six ozs. per head can be allowed. But it is a matter on which it is wise to consult a fishmonger.

A Few General Directions

Keep fish in a dry place. Wash it in salted water, drain and wipe it very dry.

To remove the skin from fish, put it for a very few minutes into boiling water. It will then come off quite easily.

It is easy enough to clean fish, but difficult to fillet them. Fortunately the fishmonger can do this. Where the task falls to the cook she must be provided with the sharpest of knives. One lesson from a fishmonger is more useful than any written directions.

To Boil Fish

Fish, with one or two exceptions, should never be put into plain water to cook. If only as a matter of discipline, in a

country where the first thought in the kitchen so often is how to save work, this rule should be prescribed. But, discipline apart, the addition of vegetables and a little vinegar or wine (or both) does add to the flavour of fish. The French always use a *court-bouillon*, which in its simplest form is merely salted water, vegetables, herbs and vinegar which have simmered together for half an hour before the fish is put into it.

The fish, if it is likely to break, should be wrapped in muslin and put into the boiling water in a basket. As soon as the water comes to the boil again, put the pan where the fish will cook so gently that only the slightest movement can be seen.

A richer form of *court-bouillon* is made in the same way as the above, with the addition of wine, which, however cheap, must be sound, pleasant and dry. The proportions should be one quarter wine, one quarter wine-vinegar, one half water.

The *court-bouillon* made with water can, after use, be strained and served again ; one-tenth of the nutritious properties of the fish will remain in it. If wine has been added, the strained liquid can be bottled, and, if set in a cool place, will keep good for some time.

When fish is to be eaten cold it should be allowed to cool in the *court-bouillon*.

All fish should be thoroughly drained before it is served. Eight to ten minutes to the pound (and eight to ten minutes over) should be allowed in boiling fish. Very thick fish may require longer ; flat fish less time.

To Fry Fish

The object of frying is to form a crisp, brown and dry envelope for whatever it may contain. If the simple rules given below are followed, failure should be rare. Any form of cooking, however, is better than bad frying, which results in greasy indigestibility.

Olive oil is satisfactory for frying small fish, for they need great heat, and oil attains a higher temperature than fat. The oil must be of good quality and free from any strong taste.

Beef dripping and fat are excellent for frying. The best

frier I know uses nothing else. Veal and beef fats mix well. Mutton fat is useless. Creoles, famous for their cooking, use lard.

Fat for frying must be heated very gradually—there is danger in using a strong flame under it—and about an hour should be allowed for the process. When it begins to smoke (fat does not bubble unless it has water in it) test it with a piece of crumb of bread. If it browns in ten seconds, the fat is hot enough. To avoid any danger of sputtering, draw the pan to one side of the oven, or away from the gas flame, while putting in and taking out the fish.

To fry fish well it should be completely covered in fat, and although a deep frying pan is sufficient for small flat fish, a medium sized kettle is more satisfactory for general use. With it a basket is used, and this makes putting the fish in and taking it out a very easy matter. Before putting in the fish, lower the basket for a moment into the hot fat ; then, if you have more than one fish, arrange them so that they do not touch. When cooked, let the fish drain first from the basket, holding it over the kettle. Whatever grease is left can be removed by placing the fish on a clean cloth, or on brown or blotting paper. Keep the fish hot while they drain.

To prepare fish for frying, wash them and *dry them thoroughly*. It improves their colour to dip them in milk.

For directions for preparing fat for frying and for clarifying and preserving it, *see* p. 26.

Thin brown bread and butter is excellent served with all fried fish.

Fish au Gratin (French ways).—(1) Fish which do not have any very individual flavour are greatly improved if cooked *au gratin*. The simplest way is as follows :—Heat butter in an oval fireproof dish. Place in this the washed, dried, well-trimmed and seasoned fish. Add a wineglassful of white wine. Sprinkle with chopped mushrooms and put in a moderate oven. Baste frequently. Twenty to forty minutes must be allowed, according to size. A John Dory or a gurnet cooked in this way is delicious. Chopped ham may be substituted for mushrooms, and is particularly good with fillets of whiting. A little

cream can be added at the last moment. The wine may be omitted, but to my mind it makes all the difference.

A rather more complicated way is as follows :—

(2) Peel a number of mushrooms (two ounces are sufficient for a dish for four people), chop them coarsely and cook them in a very little water to which a few drops of lemon have been added. Drain the mushrooms, setting aside the liquid.

Cook a dessertspoonful of chopped onion in a little butter, being careful not to let it brown. Add to this a wineglassful of veal or chicken or fish stock and one of dry white wine and the liquid in which the mushrooms were cooked. Thicken with a little white roux (p. 26) ; add the mushrooms and simmer gently. Season.

Pour a little of the sauce into the bottom of a fire-proof dish. On it arrange the fillets or slices of fish, then cover them with the sauce. Sprinkle with fine bread crumbs and very tiny pieces of butter. Bake in the oven for about twenty-five minutes.

Fillets of whiting or sole, whole smelts or slices of brill, turbot, cod or hake may be cooked this way.

(3) (**English way**).—Make a good white sauce (p. 42), adding a little cheese to it. Pour part of it into a fireproof dish, arrange filleted or sliced cooked fish on it and cover with what remains of the sauce. Sprinkle with bread crumbs or grated cheese, or both, and very small pieces of butter. Bake in the oven until it browns.

To "Poach" Fish

Butter a fireproof dish and sprinkle over it a little very finely chopped onion and seasoning. Add the fish, whole or in slices or fillets. Moisten with a very little stock in which the stalks of mushrooms have simmered and a dash of dry white wine. Cover with buttered paper and bake in the oven, very gently, basting from time to time.

Set the fish where it will keep hot. Strain the liquid and reduce it by quick boiling. Thicken with the yolk of an egg and season carefully.

To Cook Fish in Butter

Fillets or slices of fish can be cooked in butter. Dry them thoroughly, flour and season them. Heat butter in a pan and lay the fish in it. Brown quickly on each side. Finish by cooking more slowly. Serve with the butter in which they have been cooked, having added a dash of lemon to it.

A few shavings of onion cooked with the fish will add flavour to it.

To Grill Fish

Wash the fish in salt water. *Dry it thoroughly* and brush it all over with oil or melted butter.

Keep a special grill and pan for fish. Oil the grill and heat it before it is used.

Whilst grilling baste the fish occasionally with good butter or oil.

Fish à la Meunière

This is one of the pleasantest and easiest ways of cooking fish. It is specially suited to small soles, trout, whiting and mackerel, or to slices of larger fish.

In a fireproof dish of a kind suitable for sending to table—either earthenware, copper or aluminium—melt sufficient *clarified* butter to half cover the fish, which should have been dipped in milk and very lightly floured and seasoned. Brown it first on one side, then on the other, shaking the pan from time to time to prevent it from sticking. Some minutes before it is finished add very finely chopped parsley and a little lemon juice.

If more butter is required for a sauce, clarify a little, then cook it till it is a light brown, adding chopped parsley and lemon juice.

Except in the case of very small fish, several cuts should be made on each side of the flesh.

Bream.—Bream is not one of the best fish, but filleted and cooked *au gratin* (No. 1, p. 52) it is pleasant enough, and resembles mullet. Alternatively, it may be stuffed with chopped

onions, bread crumbs, butter and lightly beaten egg. In this case it should be wrapped in greased paper and cooked in the oven.

Bream is at its best from June to December.

Brill.—This very good fish should be cooked in plain salted water. It is one of the best fish to serve cold (with mayonnaise or tartare sauce) and it is excellent warmed up (see p. 70). Normandy sauce (p. 48) is perfect with it when eaten hot.

Steaks of brill may be "poached" (p. 53) or cooked in butter (p. 54).

Brill is in season all the year round.

Cod.—Cod varies more than most fish in quality, and it must be carefully selected. It is best when cooked in a strong *court-bouillon.* (When in season add a big handful of pea-pods to it.) Cook it very slowly. It is good served with black butter (p. 47). Tomato sauce can also be recommended (p. 48). It can be grilled, poached or cooked in butter.

Cod is at its best about Christmas and most seasonable from October to the beginning of February.

Baked Cod.—Remove the skin from a good-sized piece of cod (2–4 lbs.) (see p. 50). Tie it up and make two or three cuts on each side about half an inch deep. Sprinkle it with salt and pepper, put it in a deep buttered fireproof dish with a glass of white wine. Cover it with very finely chopped onion and parsley. Add a small bouquet. Leave it for two hours, turning it once and basting it occasionally.

Remove the onions and parsley. Pour three tablespoonfuls of butter over the fish and bake covered with paper in a moderate oven ; baste it and turn it once. Take out the cod, stand it where it will keep hot, strain the liquid from the pan and with a little milk and white roux make a white sauce to which cooked oysters and their liquid can be added.

Stock can be used instead of wine. Instead of making a white sauce, cream can be added to the strained liquid in which the fish was cooked.

Mussels can be used instead of oysters.

Dressed Crabs.—Find the shop where crabs are best dressed and buy yours there.

Matelote of Eels.—This famous riverside French dish is recommended to the amateur of eels. They are at their best from March to October. The receipt is M. Paul Bouillard's.

To prepare the eel make an incision round its head and pull the skin right off from this point. Lay the fish, half at a time, in boiling water in order to make it easy to remove the inner grey skin. A very sharp knife will be needed to do this.

Wash the eel in several waters, cleaning it well inside. Drain it and sprinkle it with salt. Leave it for an hour and then wash it again thoroughly. Cut it into pieces and flour.

Heat three ounces of butter in a pan. Put in the slices of eel and a dozen small peeled onions. Season with salt and pepper and brown both very lightly—keeping the lid on. Take it off and add a pint of red wine and two tablespoonfuls of brandy. Season lightly, remembering that the wine will be reduced by boiling. Add a lump of sugar, a small bouquet, a little peeled and crushed garlic. Cover the pan again and put it over a strong flame. The moment the wine boils up, hold a lighted match above it. It should catch fire like a punch. When the flame goes out, put back the lid and let the contents of the pan cook gently for twenty-five minutes. Prepare and cut in four a number of mushrooms. Add them to the matelote ten minutes before it is ready to serve.

Have ready a number of slices of Vienna roll. Toast them and butter them, squeezing on each a little garlic. Place them at the bottom of a deep dish. On them put the eel and mushrooms. Reduce the sauce by quick boiling, season it well, add a few small pieces of butter and pour it over the eel.

Gurnet.—This fish boiled in a *court-bouillon* and served with Hollandaise sauce is excellent. It can also be cooked *au gratin* (p. 52). It is at its best from July to April.

Creamed Fresh Haddock.—Cook a haddock and remove the flesh from the bones and skin. Flake it finely. Add to it a cup of rich white sauce and two coarsely chopped hard-boiled eggs. Sprinkle with cayenne and parsley.

Fresh haddock is at its best from November to February.

Smoked Haddock.—There are many brands of dried or smoked haddock on the market, and it is worth while to find the best and stick to it, for they vary greatly in quality. Haddock is excellent cooked in milk as a breakfast dish, but it is much too good a fish not to use in varied forms. Creamed and browned in the oven, or simply creamed, it makes one of the best of luncheon or supper dishes. As a soufflé it can be served even at a dinner of ceremony ; its special tang of smoke will be a pleasant surprise.

Creamed and Browned Smoked Haddock.—Boil a large dried haddock. Remove and flake the flesh and fill the bottom of a fireproof dish with it. Cover with a good white sauce to which two tablespoonfuls of grated cheese have been added. Put in a quick oven to brown.

Smoked Haddock Soufflé.—Take three-quarters of a pound of haddock, one pint of boiled milk, two and a half ounces of butter, one ounce of flour, whites of four eggs. Cook the haddock in a little water until the flesh can be separated easily from the bone. Flake it off and simmer gently with the milk for quarter of an hour. Remove the fish and reduce the milk by half. With the milk, flour, butter and necessary seasoning make a smooth sauce. Simmer, stirring steadily till the flour is cooked. Break the haddock into small pieces and add it to the sauce. Mix thoroughly together. When nearly cold add the stiffly beaten (see p. 172) whites. Bake for twenty-five minutes in a deep dish.

Other kinds of fish, or oysters, may be used, but the flavour of the haddock has a peculiar value.

Smoked Haddock and Rice.—Soak a dried haddock for four hours in water. Cook it in water. Remove the bones and skin it. Flake the fish. Cook two skinned tomatoes with a small sliced onion, a lump of sugar and seasoning in butter until tender. Add the fish. Serve with a border of savoury rice (p. 164).

Hake.—Hake, which used to be so admirably cheap and which is still less expensive than most fish, is a useful though tasteless creature. It can be boiled in a well-seasoned *court-bouillon* and served with egg sauce ; but it is much more likable

if it is cut into slices and cooked *à la Meunière* (p. 54) or *au gratin* (p. 52). It is an excellent fish for warming up.

Hake is at its best from June to January.

Halibut.—Halibut is seasonable all the year, and is best boiled in salted water or sliced and cooked *au gratin*. Lobster sauce goes well with it, so does the simple Normandy sauce. If it is cooked *au gratin*, use mushrooms, adding a little cream and a coffeespoonful of some good meat extract to the liquid in the pan. Allow about fifteen minutes to the pound to boil.

Halibut à l'Etienne.—Cut thin slices from a piece of halibut which has been skinned (p. 50). Dip each in butter and season well. Spread a thin layer of stuffing, lobster, whiting or mushroom on half of the slices, covering these like sandwiches with what remains. Cook them *au gratin*, with a little wine and butter (p. 52). Add the strained liquid in the pan to a small quantity of good white or béchamel sauce. A herb stuffing may be used, but it will not be so delicate.

Filleted Herrings.—For the impatient, the short-sighted and those who do not like an untidy plate, the filleted herring is to be recommended. The filleting of this fish is not easy, but the fishmonger can be generally persuaded to do this for a small extra fee. The roes, hard or soft, will be the better for being cooked separately in a little butter. They should be served in the same dish as the fish.

Grilled fillets of herring, served cold with mayonnaise, are excellent, but the following Scottish receipt cannot be excelled. Wash and dry the fillets thoroughly. Dip them in milk, sprinkle them with salt and pepper, then roll them in coarse oatmeal and fry them in boiling lard till they are so crisp that they could be eaten with the fingers.

Grilled Herring.—The grilled herring is probably the best. Before it is set on a well-oiled grill the scales must be removed so carefully that the delicate skin beneath is not injured. It should be lightly floured, and each side turned for four or five minutes to a moderate heat. For variety it may be split and a spoonful of butter with which finely-chopped parsley, a little shallot and seasoning have been worked, laid between the two halves. These should be served with slices of lemon,

with mustard sauce (p. 48), or with the special sauce given below.

Sauce for Grilled Herring.—Take several soft roes and rub them through a fine sieve. Add a little mustard vinegar or wine. Work this purée over the fire in a *bain marie* (p. 19) with butter, stirring all the time. Season.

John Dory.—Cook the John Dory *au gratin* (p. 52) with mushrooms and a little white wine and you will have a most excellent dish. The Dory is at its best from January to March.

The Langouste, or Crawfish.—It is difficult to know why the "langouste" is so little eaten here. It is extensively fished in Cornwall and in Ireland, and the fishings have been taken over by the French, but it can be bought in England. I would recommend, however, that unless it is bought alive and cooked at home, it should be obtained from a shell-fish specialist, for if it is not properly cooked and in perfect condition, it can be both tough and tasteless. Well cooked and in perfect condition, the langouste is solid but very delicate.

Take out the flesh very carefully, using two spoons to do this. Cut it in slanting slices and set them on ice. Remove the creamy parts and the eggs. Pound some of the eggs with a little vinegar and put them and the creamy substance through a sieve; then mix them with a mayonnaise. Or serve with a plain mayonnaise and slices of hard-boiled eggs as a garnish. A green salad very carefully chosen is the best accompaniment.

Lobsters.—Lobsters also should be bought from a fishmonger who really understands the art of cooking them, and who can be trusted not to cook a dead lobster.

Lobster au gratin.—Cut the flesh of a cooked two-pound lobster into small pieces. Make a white sauce and add to it a few chopped cooked mushrooms, two or three drops of onion juice and a very little tomato. When it is hot, season it, adding a little cayenne and a few very small pieces of butter. Mix it with the lobster and pour it back into the well-cleaned shell. Brown in the oven. Cheese may be added to this dish.

Lobster à la Newburg.—Cut the meat from a cooked two-pound lobster into slices. Heat it very gently in butter. Add

a tablespoonful of good dry white wine and one of brandy or whisky. Beat two yolks lightly with a little cream, strain them and add them to the lobster. The moment the sauce thickens the dish must be served. Season very carefully, using a little cayenne. This dish is best cooked in a *bain marie* (p. 19).

Cold Lobster in Scollop Shells.—Chop up a cooked lobster into dice. Add to it chopped hardboiled egg, a little chopped gherkin and capers. Mix with a good mayonnaise and arrange in scollop shells. Powder with the coral and place a small fillet of anchovy on each.

Lobster in Jelly.—Add a little clear chicken jelly made from the carcase and bones of a chicken and flavoured with vegetables to some aspic or calves' foot jelly.

Divide two or three very small lobsters into pieces. Hard-boil two eggs and slice them. Sprinkle with chopped tarragon and cover with the jelly. Set on ice and serve with a salad.

This is a delicious summer dish. The jelly must only be firm enough to keep its shape.

Dublin prawns are excellent treated in the same way.

For Fish Salads *see* Salads (p. 151).

Fillets of Mackerel with Anchovy Butter.—Remove the fillets from the bone. Arrange them in a dish in which you have heated some butter. Season and bake in the oven, basting often. Place a little anchovy butter (p. 25) on each fillet and serve at once.

Mackerel is at its best in winter and spring.

Fillets of Mackerel with Tomato Sauce.—Prepare some fillets of mackerel and roll them in flour. Brown them in a clarified butter and drain them on a linen cloth. Serve with a highly-seasoned tomato sauce.

Mackerel à la Meunière.—*See* p. 54.

Soused Mackerel or Herring.—Boil wine or tarragon vinegar with a little onion, a clove, several peppercorns and a small bouquet for a few minutes. Pour this marinade into a fireproof dish. Arrange the fish in it. Cover with a piece of greased paper. Cook in a slow oven for two or three hours.

Take out the fish. Reduce the liquid by quick boiling.

Strain it over the fish. A tablespoonful of tomato purée can be added.

No quickly prepared soused dish can be as good as this.

Mackerel with Tarragon Butter.—Clean several small mackerel, cut off heads and tails, and make a deep incision down the back of each. Place the fish in an earthenware dish and pour over them a little good olive oil. Sprinkle them with black pepper and coarse salt and set them aside for an hour or two.

Prepare the tarragon butter (p. 25). Add pepper, salt, and a few drops of lemon. Maître d'hôtel butter may be used instead.

Grill the mackerel, and immediately before serving, put a spoonful of the butter into each of the incisions. Serve very quickly.

Red Mullet.—Red mullet is best in the summer months.

Red Mullet Baked.—Chop a tablespoonful of onion and a little parsley and tarragon, add them to a purée of tomatoes and simmer for fifteen minutes.

Heat a tablespoonful of oil in a fireproof dish. Put in the mullet, season and brown it on both sides. Pour over it the well-seasoned purée of tomatoes. Cook gently in the oven for about three-quarters of an hour. Ten minutes before serving add a little red wine to the sauce. Serve in the dish in which it is cooked.

Red Mullet Grilled.—Oil and heat the grill. Brush the mullet all over with melted butter. Cook gently, basting with butter.

A *chef* recommends laying the mullet on a bed of fennel as it gives the fish an excellent flavour. The fennel must not be allowed to burn.

Red mullet is the only fish which goes perfectly with even the most distinguished claret or burgundy.

The gourmet will not have his mullet cleaned. This is a question for those who have to eat it to decide.

Red Mullet au Gratin.—*See* p. 53, No. 2. This is an exquisite dish.

Red Mullet en Papillotte.—Half cook several well-oiled red mullet on the grill. Have ready some chopped mushrooms,

shallot and parsley which have been cooked in butter, with salt and pepper.

Wrap the red mullet in oiled paper, putting a little of the mushroom mixture on each side of it. Fold the paper all round the fish and finish them on the grill with a very gentle heat—or in the oven.

Cold Red Mullet.—Bring a mixture of half wine, half water, peppercorns and a small onion to the boil. Simmer for ten minutes. Add a little oil.

Put the mullet in a fireproof dish and pour the strained liquid over it. It should be half-covered. Bake very slowly in the oven, basting occasionally.

Put the mullet in a dish. Reduce the liquid and season it. Pour it over the fish. Decorate with slices of skinned tomato and lemon.

Mussels.—The English mussel is despised by French *chefs* in this country—partly on account of its smallness, and partly because it contains too much sand. A larger kind of mussel arrives three times a week from Ostend, and if the day of their coming can be ascertained, you may feel satisfied about their condition. On receiving them a weight should be put on them at once to prevent their opening. There are few things which have so delicate yet complex a flavour as the mussel, as everyone who has tasted them at their best abroad well knows.

The mussel has this great value, that it combines well with other flavours. It is perfect with fish, in sauces or as a stuffing. It must not be eaten in May, June, or July.

Mussels à la Mariniere.—Scrape the mussels and wash them well. Put them in a pan with a chopped carrot, onion, a little parsley, a bay leaf, a tumbler of white wine and butter the size of an egg. Let them cook quickly for not more than five minutes, uncovered, then remove them and put them where they will keep hot. Discard any that have not opened. Put the juice from the mussels through muslin and add it to the liquid they were cooked in. Reheat and add a dash of lemon juice and some very finely-chopped parsley. Serve very hot. The upper part of the shell can be removed. Allow about a dozen for each person.

Cold mussels, with a French dressing or mayonnaise, make a delicious *hors d'œuvre*.

Mussels can be cooked without any liquid. Put them in a covered pot with vegetables and herbs as directed above, over very gentle heat, shaking them from time to time. They will open in a few minutes. Take off the top shells. Strain their juice, thicken with the yolks of two eggs and add lemon and seasoning. Pour over the mussels.

Oysters

It is difficult to understand why, in England, oysters are so rarely served at home. The reason probably lies in the difficulty of opening them. Written directions are not easy to follow, but an expert at an oyster bar would always give a lesson, and it is an art in which the man of the house might be proud to be proficient.

It has become a superstition to serve Chablis with oysters, but if the wine is too dry the tastes are too near each other. The essentially good drink is stout, which, if served in small tankards, will not easily be forgotten by your guests.

Serve oysters on chopped ice. Needless to say that they must be opened immediately before serving, and while carefully taking away any broken particles of shell, great care should be taken not to spill any of the liquid. The French habit of drinking this out of the shell is not to be despised, for essential sea is in its flavour. With the oysters, quarters of lemon, red and black pepper should be served. Thin slices of brown bread (*without crusts*) and butter is usual, but the thinnest oat-cakes are even better. Very small sandwiches made with brown bread and grated gruyère, seasoned and mixed with butter, are good.

Cooked oysters are rarely eaten in England, except in patties, and yet they have a great charm, for what in the raw fish is only a flash of flavour becomes a delicacy to be more slowly savoured. Americans, who excel in oyster dishes, have realised this, and cook them in many ways.

Angels on Horseback.—Clean the oysters. Wrap each in a very thin slice of bacon. Fix them on silver skewers and bake them in the oven. Drain well before serving very hot. Sardines may be substituted for oysters.

Fried Oysters.—(1) Trim the required number of oysters. Throw them into salted boiling water and simmer very gently for two minutes. Drain dry and dip them in a good thick batter. Fry in very hot oil, sprinkle lightly with salt. Serve immediately with cut lemon.

(2) Dip oysters in a thick rich Béchamel sauce to which the yolk of an egg has been added. Dip in breadcrumbs, in egg and again in breadcrumbs. Fry in very hot fat and serve as a savoury or as a garnish for fish.

Grilled Oysters.—Open, clean and beard the required number of oysters, carefully preserving the liquid. Return them to their shells with the strained liquid, and place on each a tiny piece of butter to which finely-chopped parsley has been added. Powder with pepper and set on a grill or bake in the oven. As soon as the liquid begins to boil, remove and serve quickly with quarters of lemon.

Oyster Cream.—Clean the oysters, reserving their liquor very carefully. Strain this, heat it and cook the oysters in it. Remove the oysters. Add a little cream to the liquor and a few tiny pieces of butter and seasoning. Thicken the mixture with the yolk of an egg. Add the oysters and serve very quickly.

Perch.—The perch is a good fish if it has been taken in running water.

Scale and clean it, cut off the gills, being very careful not to scratch yourself on its spines.

Put the fish into salted water, together with a small bouquet, the juice of half a lemon and a little chopped onion. Simmer until the fish is cooked.

Beat up some melted butter with the juice of half a lemon, adding salt and pepper. Add cream. Serve with the fish.

Pike.—Pike are constantly caught by anglers and are generally treated as of no account ; but a small pike—one to two pounds—is an excellent fish if properly cooked. Like the perch, it is not good unless caught in running water. The whole of its roe must be removed and discarded and care taken not to let the teeth scratch the hands.

Wash the fish some hours before it is required and marinade it in olive oil with a chopped shallot, parsley, a bouquet, pepper, salt and a couple of cloves. Cook it *à la meunière.*

Boiled Pike.—Scrape off the scales, clean the fish, but leave the head on. Rub a handful of salt over the skin and place a lump of salt in the throat. Hang the fish up for eight hours and then boil him. From *An Angler's Paradise.* F. D. Barker. (Faber and Faber.)

Pike au Gratin.—Marinade slices of pike and proceed as directed on p. 52.

Suprème of Pike (*Speciality of the "Trois Faisans" at Dijon*).—Cut the pike into fillets, scald them and remove the skin. Lard them and marinade them for twenty-four hours in a little wine with a bouquet and chopped shallots, turning them from time to time.

Strain the marinade, season it, pour it into a buttered dish, adding a number of cooked mushrooms and the fillets. Cook in the oven for twenty minutes. Add a little cream and several pieces of butter to the sauce and serve.

If you have a pike you could not treat it more nobly.

Plaice.—There is little to be said about plaice, except that it should be very fresh, and is best when filleted and fried. A large plaice is better than a small one, because it is firmer. It is seasonable all the year.

Pollock.—Pollock is a soft fish much caught by schoolboys on their holidays. It is not to be despised if baked *au gratin* (p. 52) or cooked *à la meunière* (p. 54). It is good used in kedgeree.

Salmon is at its best from spring to September, and at its cheapest in April and July. In June and July the run of smaller fish, or grilse, begins, and many people prefer these.

Salmon should be simmered in plain salted water, allowing ten to fifteen minutes to the pound and ten minutes over. It can be served with Hollandaise, cucumber, tartare and horse-radish sauce or with mayonnaise. Green mayonnaise is very decorative with salmon.

Salmon with Cream Sauce.—Cook several slices of salmon in a dish in the oven, basting them with a little melted butter.

Remove the fish. Add cream, a little lemon juice and seasoning to the butter in the dish. Pour over the fish.

Grilled Salmon.—Cut the salmon into rather thick slices. Turn them over in olive oil and lay them on a hot oiled grill. Watch them carefully. Grill them until they are a golden brown, turning them once and brushing them over with a little melted butter in the process. They will take about twenty minutes. *Drain them well.* Serve with tartare, Hollandaise, horseradish sauce or anchovy butter.

Salmon en Papillotte.—Cut slices of salmon about an inch thick and trim them. Put them into boiling water for a minute or two and remove the skin. Mix together two tablespoonfuls of butter and one of lemon juice. Brush the steaks with the mixture. Fold each slice in a piece of buttered paper, bake in the oven for thirty minutes and serve in their coverings with tartare or horseradish sauce. (*Mrs. Ogle.*)

Salmon Trout (River).—Salmon trout are at their best in May. The open season is March 1st to August 31st. Wash and dry the fish. Split them open on one side, brush them over with melted butter and grill them, basting with butter. Serve with *maître d'hôtel* sauce.

Salmon Trout (Sea).—Sea trout is in season from April to the end of October, and is most plentiful in July and August. Sea trout can be cooked in the same way as the river trout.

Trout à la Meunière, *see* p. 54.

Trout au Bleu.—Trout *au Bleu* can only be prepared with fish coming straight from the water. Great care must be taken in handling them in order not to injure their scales. Clean them well. Make a *court-bouillon* of white wine and water (*see* p. 51) if the fish is to be eaten hot; of wine only if it is to be eaten cold. Add a piece of parsley. Simmer for an hour. Put the trout in a pan, pour a very little boiling vinegar over them, then the boiling *court-bouillon.* Simmer for quarter of an hour. If the fish is to be eaten cold, let it cool in the liquid and serve with a vinaigrette or mayonnaise sauce. This form of trout cooking is prized on account of the colour it gives to the fish. I do not think the flavour is as good as when they are cooked *à la meunière.*

Fresh Sardines.—The fresh sardine comes from France. It does not travel well; but I have eaten it, in excellent condition, at the Bienvenue Restaurant in Greek Street, and here, occasionally, it can be bought uncooked. It should be grilled.

Scollops are at their best from December to the end of March.

They can be cooked in a little water and lemon juice, mixed with a white sauce, put back into their shells and browned in the oven. The following receipt, however, is much more exquisite.

Remove the dark part of the scollop leaving the white substance and yellow liver. Wash these well, dry them thoroughly and cook them in a little fish stock to which white wine has been added—fifteen minutes of the gentlest simmering should suffice. Chop a few mushrooms and cook them in a little butter. Cut the fish into dice.

Make a fairly thick white sauce with the liquid in which the fish were cooked and the liquid from the mushrooms, adding cream if you have it. Season well and mix it with the fish and mushrooms.

Butter several scollop shells, pour in the mixture, sprinkle with fine bread crumbs and, if you like, a little grated cheese.

To be convinced of the excellence of this dish, one should eat it at Prunier's in Paris.

Cold Scollops.—Trim and wash the scollops. Cook them in a very little white wine, setting the liquid aside to use in a sauce for some other fish. Cut the fish into pieces and turn them over in a good mayonnaise and add very finely-chopped herbs. Fill scollop shells with the mixture. Decorate with fillets of anchovy and capers. Serve very cold.

Skate with Black Butter.—Skate should not be cooked until two days after it has been caught. It should be hung up in a cool place while waiting. It is at its best in autumn and winter. Cut the fish into small slices and cook it very gently in water to which a little vinegar, a chopped onion and a bouquet have been added. Serve with black butter (p. 47) or caper sauce.

Skate can also be prepared *au gratin* (English way, p. 52).

Fried Smelts.—Dip in milk, then egg and breadcrumb a number of smelts. Fry until they are very crisp. Serve with tartare sauce.

Stuffed Smelts.—Make a stuffing of a tablespoonful of mushrooms which have been chopped and cooked in butter, a very little onion, a few cooked chopped oysters and finely chopped parsley, bound together with a thick white sauce. Split and stuff the smelts, brush them over with lemon juice, put them in a dish, cover them with buttered paper and bake. The oysters may be omitted from the stuffing and the smelts can be egg and bread-crumbed and fried. Smelts prepared in this way make one of the most delicious of fish dishes.

Smelts are very good cooked like whiting *à la Ivy* (p. 70).

Smokies.—Smokies are small haddocks. They have a very subtle and quite indescribable flavour. They should be lightly cooked in the oven, then split and butter inserted between the two halves. No breakfast dish could be better. Unfortunately they are not easy to get, but they can be found at Harrods'.

Soles.—Large soles must not be too fresh or they will be hard. To have them at the right moment you must rely on an intelligent fishmonger. Always remove the skin from the back. Soles are in season all the year.

Sole à la Colbert.—Make an incision down the whole length of the backbone of a sole. With a very sharp knife, raise the flesh on each side from the bones. Dip the fish in milk and then in flour; then in egg and bread crumbs. Fry it a golden-brown. Take it out and drain it. With the same sharp knife remove the central bones and fill their place with a *maître d'hôtel* sauce. This must all be done quickly so that the fish remains very hot. There is no better way of cooking sole.

Fried Fillets of Sole.—Cut the fillets of sole into strips two or three inches long and about an inch wide. Dip them in milk, then in flour, then in egg and breadcrumbs. Fry a golden brown and serve very hot with tartare sauce. They are delicious. (You can make a pretty effect by twisting two strips together.)

Fillets of Sole with Lobster Sauce.—Cook the fillets in white wine and a little butter. Remove and drain them and

cover them with a lobster or crawfish sauce (p. 47). This is an exquisite dish.

Fillets of sole can also be prepared in the same way with a chablis sauce (*see* Fish Stock Sauce, p. 47). They are equally delicate and good. White grapes skinned and the pips removed can be added a minute or two before serving. Alternatively, the simplest of all sauces, Normandy sauce, may be used (p. 48).

Fillets of Sole Marguéry.—Put the bones and trimmings of the sole from which the fillets have been cut into a pan with a little shallot, a very small bouquet, a glass of dry white wine, pepper and salt. Reduce the liquid until you have about a tablespoonful. Strain. Cook about twenty mussels in a little wine and butter. Remove them and keep them hot. Cook the fillets in the liquid from the mussels. Remove them. Add the liquid to a sauce made with two ounces of butter, two yolks of eggs and the fish stock. Beat well. Arrange the mussels and the fish with a number of shelled cooked shrimps. Pour the sauce over them and brown very quickly in the oven.

Fried Sole.—Dip the fish in milk, then in egg and bread-crumbs. Fry it a beautiful brown. Serve with fried parsley and plain melted butter (the very best). Or fry small soles in butter in a shallow pan and serve each with a soft roe which has been cooked in butter.

Grilled Sole.—Oil and heat the grill. Roll the fish in melted butter and sprinkle it with lemon juice. Grill slowly. Serve with anchovy or tarragon butter, or with Béarnaise or tartare sauce.

Sole. Fried Julienne of.—Cut up several fillets of sole into fine, short strips (as you would for a julienne). Sprinkle the juice of a lemon over them and set aside for an hour. Drain and dry. Dip them in milk, then roll them in flour. Fry in very hot fat or oil, being careful to keep the pieces separate. Drain and serve with quarters of lemon and thin slices of brown bread and butter.

Turbot, like salmon, should stand on its own merits. It is too fine to be sophisticated with flavouring. Wash the turbot and dry it. Break the backbone. Rub it well with lemon and

salt. Wrap it in muslin, place it on a grid and put it in a fish-kettle—belly downwards—in which there is sufficient salted boiling milk and water to cover it. Simmer it very gently. Serve with small boiled potatoes and Hollandaise or Normandy sauce.

Unlike salmon, turbot does not lend itself to grilling. Butter goes ill with it.

Whitebait.—Wash the little fish and dry them thoroughly with a cloth. Immediately before you are ready to fry roll them in plenty of flour. Toss them in a sieve so that any flour which does not adhere to them will be shaken off. Fry for a moment or so in very hot fat or oil, using a wire basket and cooking a sparse layer only at a time. Drain the whitebait on paper set in the oven. Cook very quickly and serve quickly.

Whiting is one of the most delicate and digestible of fish, and it deserves more varied treatment than it gets in England.

Whiting au Chablis.—Make a sauce in this wise. Chop a little shallot. Add to it a wineglassful of Chablis. Reduce this very slowly over the fire until it is half its original quantity. Add to it a very little tomato juice and a pinch of sugar, then, at the last moment, a little cream. Pour this over fillets of whiting and cook them very gently in the oven, but do not allow them to brown. This is a most exquisite dish if rightly made. It is important that the flavour of tomato should not be overdone.

Whiting au Gratin with Chopped Ham.—*See* p. 53.

Whiting à la Ivy.—Split the whiting open and bone them. Dip them into flour and then into melted butter and bread crumbs. Arrange them in a flat dish, sprinkling tiny pieces of butter on top. Cook slowly under a grill until they are nicely browned. Prepare a thin Béchamel sauce made with a little fish stock (p. 32) and finely chopped parsley. Pour it round the fish.

Warmed-up Fish

Turbot or brill warmed up in a good Béchamel sauce to which oysters or shrimps or mussels or small pieces of lobster have been added is delicious served in a *vol-au-vent* case. But the sauce must be good and the pastry light.

Fish Croquettes.—Cut cooked fish into very small pieces, or pound it. Mix with a thick smooth white sauce. Add the yolks of eggs in the proportion of one to a quarter of a pound of fish. Stir well together and season. Divide into small cork-shaped pieces, egg and bread-crumb and fry them.

OR: To half a pound of pounded fish add half the quantity of potato purée (p. 117). Season well. Add the yolks of two eggs and a dash of lemon. Roll into shape, egg and bread-crumb and fry. (The egg may be omitted.) The purée should be as soft as is consistent with shaping the croquettes.

The inside of croquettes should be moist; the outside very crisp. They are best cooked in plenty of fat, though it is possible to manage with a frying pan if butter is used. Small croquettes are much more attractive than big ones.

A Dutch Way with Fish.—Take cold fish that has been cooked in an aromatic *court bouillon*; pound it and mix it with a good Béchamel sauce seasoned with a little mustard. Add a heaping tablespoonful of chopped fried onion and a cup of cooked rice which has been flavoured with a little curry powder. Line a dish with a purée of potatoes. Cover it with the fish mixture and brown it in the oven. In Holland salt cod is used for this dish, but other fish would be as good.

Fish au Gratin.—Make a white or Béchamel or a Mornay sauce. Simmer it for twenty minutes, adding a few small pieces of butter at the last moment.

Flake the cooked fish, removing all skin and bones. Mix it well with the sauce. Season and pour into a wide earthenware dish (the larger the surface browned the better) and brown in the oven.

Cheese may be grated and sprinkled on the top of this dish.

Fish Pancakes.—Pound a little fish and add it to a pancake mixture, seasoning carefully. The pancakes should be very small and thin. If they are well made they are exceedingly good.

Fish Pie.—This can be one of the pleasantest of fish dishes—or one of the dreariest. The fish must not be overwhelmed with sauce, but there must be plenty of it. Prepare the fish carefully, removing every bone and every particle of skin.

Flake it. Mix it with a well-seasoned white or Mornay sauce, and line a large shallow dish with it. Make a smooth purée of potatoes (p. 117). Cover the fish with it and brown in the oven. Oysters, mussels, shrimps, or coarsely-chopped hard-boiled eggs can be added to the fish.

Fish with Rice.—(1) Line a buttered dish with rice that has been cooked in a little stock with a chopped onion lightly coloured in butter. Fill the centre with flaked cooked fish into which a good white or Mornay sauce has been stirred. Cover with rice and a sheet of buttered paper. Steam for an hour. Serve with a sauce. Curry can be added to the sauce.

Salmon is particularly good warmed up in this way and served with a cucumber sauce.

(2) Flake some fish, mix it with Béchamel and serve it with a border of savoury rice (p. 164).

Fish Scollops.—Prepare the fish as for a fish pie, adding oysters, mussels, shrimps, or chopped hard-boiled eggs. Season well. Make a rather rich purée of potatoes and arrange a ring of it round several scollop shells that have been well buttered. Put the fish, well-mixed with the sauce, into the middle and brown in the oven. Cheese may be added to the sauce and sprinkled over the top. The sauce must be a good one and there must be enough to keep the fish very moist.

Fish Soufflé.—A fish soufflé can be made in a soufflé dish or in a turban of rice or macaroni. It must not be too dry and should be served with a delicate sauce. Pound a cupful of fish. Mix it with the same quantity of Béchamel sauce. Add the yolks of three eggs diluted with a little milk or cream and strained. Season well. Cut in the stiffly-beaten whites (see Soufflé Making, p. 172) and bake for about twenty minutes. (For six persons.) Salmon makes an excellent soufflé. Shrimps, mushrooms or cheese may be added to the mixture.

Potatoes en Surprise.—Bake a number of large potatoes. Cut off the tops lengthwise. Remove the contents and beat them up with a good white sauce, pounded fish and a little grated gruyère. Fill the potato skins with the mixture. Sprinkle lightly with cheese and put back in the oven to brown.

CHAPTER VIII

MEAT

General Directions

DO not wash meat. Dip a piece of muslin or a cloth in cold water, wring it out and wipe the meat with it. Dry it thoroughly. In hot or sultry weather, lay the meat in a mixture of water and vinegar for a few minutes. Then drain and dry it.

Most meat will be the tenderer for a good beating. If you are still afraid of toughness, lay the meat in a little vinegar and oil for a couple of hours before you cook it, turning it over once.

ALWAYS oil and heat a grill before using it. Brush the meat over with oil. Start with strong heat, then modify it.

NEVER salt grilled or roasted meats until they are cooked. Salt draws out their juices.

NEVER stick a fork into meat that is being cooked, grilled or roasted. *Turn it with spoons.*

When baking meat, stand it on a small grid in a pan. If it stands on the pan itself it will be more stewed than baked.

Never add flour to the gravy of roast meats. It should be clear and of a good rich colour.

BAKING OR ROASTING MEAT

There is little to say in detail about the baking of meats. It is taken for granted that most cooks know

the simple rules. The temperature of the oven should be about 310° F. when the meat is put in. It can after five minutes be lowered to about 280° F.

The times required for baking meats are as follows :

Beef.—Fifteen to twenty minutes a pound and fifteen minutes over.

Veal.—At least twenty minutes a pound and twenty minutes over.

Mutton.—Fifteen minutes a pound and fifteen minutes over.

Lamb.—Twenty-five minutes a pound and twenty minutes over.

Pork.—Twenty to twenty-five minutes to a pound and twenty minutes over.

Beef

Baked Fillet of Beef.—Trim several pounds of fillet very carefully, and shape it. Lard superficially with very thin strips of seasoned bacon fat (p. 23). Do not salt it. Cut up a small onion and lay it at the bottom of the baking pan, the fillet over it, and bake in a moderate oven, allowing for this dish fifteen minutes to the pound only and basting occasionally with a little butter as required. Strain the gravy and season it.

Serve with braised endives or carrot *à la* Vichy.

Allow about one and a half pounds for four persons.

Beef à la Mode.—This dish is often to be met both in restaurants and homes in France, but to taste it in perfection you must eat it at the *Bœuf à la Mode*, rue de Valois, in Paris. It is a star turn in cookery, but since it takes more time than trouble to prepare, it might well become a family dish in this country. It is good both hot or cold.

You will need a solid, well-trimmed block of beef taken from the leg. It should be without bone and with very little fat. It must be well beaten and then moulded into shape. Lard it, following the grain, with well-seasoned fat bacon that has been dusted with spice (*see* p. 23). Tie it up firmly.

For four pounds of beef one calf's foot will be required. Separate the bones in the calf's foot and simmer them and the meat for a few minutes in boiling water, skimming frequently. Remove them, rinse them in cold water ; drain well and break the bones.

Put two tablespoonfuls of clarified fat in a pan. When it is smoking hot, put in the beef, browning it on all sides. Remove it and drain it thoroughly. Brown a sliced onion in the fat. Remove and drain.

Prepare a pan for braising (p. 22), add the beef, the onion, the calf's foot—bones and meat—a small bouquet, a lump of sugar and seasoning. (The pan should just hold it all comfortably.) Pour in a wineglassful of white wine (more if you like), a liqueur glass of brandy (this can be omitted, but it would be a mistake), and sufficient good stock to cover the meat. Bring the liquid to the boil and simmer, very tightly closed and in the oven rather than on it, for four and a half hours. An hour and a half before the end add twenty small onions which have been browned (p. 139) and a dozen little carrots cut in quarters, or a few larger ones sliced. Cover the pot and finish very gently.

Remove the beef, carrots and onions. Set them where they will keep hot. Strain the gravy, remove the fat and reduce it by quick boiling. Add seasoning if necessary.

Serve very hot.

This dish is excellent hot, but it is even better eaten cold. To serve cold the meat should be placed in a glazed earthenware pot surrounded by the vegetables. The reduced gravy must be passed through two thicknesses of muslin and clarified with the white of egg (p. 33) then poured over the meat. Set aside over night in a cold place.

Beef Olives (Paupiettes de Bœuf).—Take several uncooked slices of sirloin of beef. Make a stuffing of horseradish sauce, breadcrumbs and a little chopped cooked liver. Season. Spread this mixture on each slice. Roll round, tie up and flour.

Brown the meat in good butter, moisten it with stock and simmer, closely covered, for three-quarters of an hour. Add a

little cream and simmer another quarter of an hour. Strain the sauce and serve very hot.

A stuffing can also be made of mushrooms and onions. Brown the onions in butter, adding fine breadcrumbs. Cook the mushrooms separately and chop them. Add to the onions and crumbs. Season and bind with the yolk of an egg. Allow a pound and a half of meat for four persons.

Steaks.—Whenever there is any fear that a steak may be tough, pound it well, then marinade it in oil and vinegar (two of oil to one of vinegar) for two hours, turning it several times.

Never salt a steak that is to be grilled or fried. Salt draws out the juices of the meat.

With steaks, olive, mushroom, tomato, Béarnaise, *maître d'hôtel* or horseradish sauces are served. A thick horseradish cream is especially good and a garnish of fresh watercress is a pleasant addition. Creamed potatoes, or Potatoes Anna, are suited to serve with grills.

Allow about 1½ lbs. to every four persons.

The True Chateaubriand Steak.—Trim about a pound and a half of fillet steak, beating it well. It should be about an inch thick. On each side of it place a very thin slice of buttock steak. Put it into a double griller (so that you can turn it easily) and cook under a rather fierce heat until the protecting slices are a very dark brown. This should take about ten minutes a side. Before serving remove the two outer slices. The central fillet should be tender and perfectly done. Salt it and serve very hot. The outer slices will give flavour to the stock-pot.

For four persons.

Small Fillet Steaks.—Small rounds of fillet of beef (*tournedos*, *filets mignons*) make a more tempting dish than the larger slices. They should at most measure three inches in diameter and about three-quarters of an inch in thickness. Beat them well and shape them into rounds, trimming very carefully. Grill or fry them. One pound of trimmed meat is sufficient for three persons.

A pleasant garnish for small steaks is made in this wise :

Brown half a dozen small onions, adding to them a little chopped lean bacon. Pour over them a glass of good red wine, and simmer together until the liquid is reduced almost to nothing. Then add a wineglass of much reduced stock and a dozen chopped and *sautéd* mushrooms. Simmer for half an hour. Season and sprinkle with finely-chopped parsley. Serve a spoonful with each small steak.

Fried Steaks.—Steaks fried in a pan can be excellent if they are well browned over a strong flame on each side and then allowed to cook gently.

Chop a teaspoonful of onion and put it in a pan with butter. When the onion browns, add the steak. When cooked, remove the steak. Add a little hot water to the gravy. Stir it well round the bottom and sides of the pan. Season and strain. The onion will have greatly improved the flavour of the gravy.

Fried Fillets of Beef with Olive Sauce.—For the sauce, chop a shallot finely. Add to it a very little stock and a glass of wine with which a teaspoonful of meat extract has been mixed. Have ready a number of stoned olives, which have been blanched for five minutes in boiling water. Add them to the sauce, simmer for ten minutes.

Fry the fillets in butter. Place them where they will keep very hot. Pour the gravy from the dish into the sauce and strain it. Thicken slightly. Put back the olives into it. Season rather highly.

These little steaks can be served on fried bread (p. 25), but I do not see that this gives them any particular virtue. The important thing is to have them eaten directly they are cooked, and eaten very hot.

Purées of peas, chestnuts or Brussel sprouts are good with them.

Grilled Steaks.—Oil and heat the grill. Trim the steak carefully and brush it over with olive oil. Start with a hot fire, browning each side well; then moderate it. Salt just before serving. If a steak is to be handed round, cut it in slightly slanting slices and garnish it with watercress, using its own gravy in addition to any sauce you may choose to add.

Slices of wing-rib of beef are excellent grilled.

Fillet Steak Grilled à la Maître d'Hôtel.—Cut a fillet of beef into rounds about an inch thick. Oil and grill them. The dish in which they are served must be very hot. Under each slice put a ball of butter with which finely chopped parsley has been mixed. Put a small ball of the same on the top of each round. Sprinkle with a few drops of lemon juice and serve with crisp fried potatoes.

This is one of the simplest and best luncheon dishes ; it is as appetising as it is nourishing.

Instead of butter and parsley a spoonful of horseradish cream may be served with each steak. This must be very thick and made of finely grated horseradish.

Allow one pound of fillet for three persons.

Fillet Steak in a Terrine.—Take a fine piece of fillet weighing about two pounds. Trim it carefully, wipe it and beat it. Salt it. Brown it well in butter. In the same butter, having removed the meat, brown a dozen button onions and an equal number of small carrots.

In an earthenware pot of a size almost to fit the meat, put a wineglassful of Burgundy and two of stock or water. Put in the meat, adding the onions and carrots, sprinkling over them some grated onion. Add four skinned tomatoes which have been sliced and from which the seeds have been removed. Season and simmer for half an hour, basting often. Cover closely. Cook for two hours in a very moderate oven.

Three pounds is sufficient for eight persons.

Tournedos on Fried Bread.—Cut a number of rounds of stale bread and hollow each out. Fry them very quickly a golden-brown. Fill them with a macedoine of vegetables (they must be fresh) or a purée of mushrooms. Lay grilled slices of fillet on each and cover with a good sauce. Serve very hot.

Tournedos à la Thonon.—Mix a little chopped ham, tongue and cooked mushroom together. Bind them with a Béchamel sauce. Spread the mixture on well-trimmed little rounds of grilled fillet steak. Sprinkle with breadcrumbs and brown quickly in the oven or under the grill.

A Soubise sauce or a mushroom purée can be used instead of the mixture of ham and tongue.

Sauce for Filets Mignons, Tournedos, etc.—Heat a glass of wine and add to it seasoning, some chopped onion, tarragon, chervil and parsley. Reduce to half the quantity, then strain through a very fine sieve. Add the yolks of two eggs. Heat gently in a *bain marie* (the sauce must not boil), adding a teaspoonful of meat extract and, just before serving, about an ounce of butter in very tiny pieces. A tablespoonful of tomato purée may also be added. A few mushrooms cooked in butter and put through a sieve are excellent with it. If they are used the wine may be omitted and stock substituted.

Viennese Steaks.—Take about a pound of well-trimmed steak (or veal) and put it twice through a mincing machine, working into it three ounces of butter. Take three ounces of fine breadcrumbs, pour a little good stock over them, then squeeze out all the liquid they have not absorbed. Mix with the meat and add a few drops of onion juice or mushroom flavouring and seasoning. Marrow can be added.

Shape the mixture on a floured board into six or seven balls. Flatten them with a knife, trimming them into shape. They should not be more than half an inch thick. Dip each into beaten egg and then into breadcrumbs, pressing these lightly into the paste with a knife or simply flour well.

Clarify a little fresh butter and heat it. When it is very hot put in the steaks. Start over a strong heat, then reduce it. Turn at the end of six minutes. Increase the heat again. The turning must be done very delicately with a knife, or the steaks will break. Serve with mushroom or tomato sauce. This is sufficient for four people. (*Austrian receipt.*)

Braised Ox Tongue.—This very tender and easily digested dish might appear more often than it does with us.

Soak the tongue for three hours, then put it into boiling water for five minutes. Strip off the skin.

Prepare a pan for braising (p. 22), adding a little water. Put in the tongue and heat the contents over the fire for a few minutes. Then add a pint of stock (or water containing a little meat extract). A wineglassful of white wine will improve the flavour of the sauce greatly, but it is not necessary. Cook very gently, closely covered for two hours, in the oven if possible.

Take out the tongue, reduce the sauce after removing the grease. Season it.

Have ready a purée of spinach, tomatoes or peas. Lay the tongue on it and pour the sauce over it.

Or cut the tongue into slices and serve them on a bed of French beans cooked whole. This is specially good.

If you add a knuckle of veal to the pan you will have the basis of an excellent soup.

Mutton and Lamb

Coarse-fibred, large joints of mutton have little to be said for them—either hot or cold. But there is nothing better than small Welsh or Scottish joints. Well-hung, well-cooked, they are indeed "delicate eating." They do not need any fanciful treatment. (For Roasting Meat, *see* p. 73.)

The cooking of ordinary mutton may be varied. It should always be well-trimmed and well-beaten. New Zealand lamb is much better than poor home-grown mutton, and it is excellent for ***ragouts*** and other dishes made with stock and vegetables. It is the better for being kept twenty-four hours in a moderate temperature before being used, a fact which is not always remembered in time.

Garlic has most certainly an affinity with mutton, and for those who are not prejudiced against it, it should be rubbed on meat that is to be roasted. With a braised or boiled leg or shoulder a tiny piece can be inserted into the knuckle. It is said to be an aid to digestion.

For those who have very small or unreliable ovens, mutton or lamb *en casserole* will be found an admirable way out. If the meat is well browned before any liquid is added, there will be little need to regret the inability to roast it.

With grilled chops and cutlets (and why in private houses are they so seldom grilled?) potatoes Anna (p. 113), a purée of onions (p. 138) or of Brussel sprouts (p. 128) is excellent.

The combination of red currant jelly and finely-chopped mint (p. 46) is greatly to be recommended.

With cold mutton a salad of dried haricot beans is very good.

Blanquette of Lamb.—See Blanquette of Veal (p. 86).

Cold Lamb.—Whenever possible meat that is to be eaten cold should not be cut when it is hot. A very delicate summer dish can be made of a boned joint by stuffing it with a thick purée of green peas (p. 141). It should, in summer, be put on ice before being served with the most perfect of green salads.

Lamb Cutlets.—Lamb cutlets should be tender and plump, and well trimmed. Grill them, serve them with green beans or a purée of peas or chestnuts. One could not ask for anything better.

Lamb à la Poulette.—Trim and cut from the bone a number of neat pieces from the neck. Blanch them for five minutes in boiling water. Skim well. Drain and dry the meat. Cook it in butter, but do not let it brown.

Make a roux of butter and flour (p. 26), add to it either water or stock. Put the lamb into it with seasoning, a very small bouquet and a number of button onions. Simmer for an hour. Strain enough of the gravy to make a sauce and add to it the yolk of an egg and a dash of lemon juice. Strain. Reheat, but do not boil. Arrange the meat in a very hot dish and pour the sauce over it. Green peas and young carrots can be added.

Allow one and a half pounds for four persons.

Lamb's Kidneys Sauté.—*See also* Calf's Kidneys. Cook the kidneys in butter over a good fire, giving about two minutes to each side. The quicker they cook the better, for slow cooking makes them tough. Remove them and put them where they will keep hot. Add red wine to the butter in which they were cooked, a little meat extract, chopped parsley, cooked chopped onion and mushroom. Reduce well and beat till it

froths. The yolk of an egg and a little cream can be added to the sauce.

Put the kidneys, divided in halves, on to crisp croustades spread with mustard butter. Pour the sauce over the kidneys and serve very quickly.

A simple sauce for sautéed kidneys can be made by adding a little mustard and lemon juice to the butter in the pan. Mix thoroughly.

Boiled Leg of Mutton.—Trim a leg of mutton. Rub salt into it. Make a paste of flour and water. Roll it out thin and wrap up the leg in it completely covering it. Cover with a linen cloth, sewing it carefully together. Put into boiling water and simmer for five hours. Remove the cloth and paste before serving. (M. Renaudet's). *Secrets de la Bonne Table.*

Boned Leg or Shoulder of Mutton or Lamb en Casserole.—Bone a leg or shoulder of mutton. Sprinkle it with salt and pepper. Brown it in butter. Drain away the grease that has come from it ; add a pint of stock and simmer in a closely covered pot for two hours.

Wash and parboil some rice. Add it to the meat and simmer for twenty minutes. Season carefully and serve meat and rice together.

Instead of rice, turnips which have been sprinkled with sugar and sautéed in butter (p. 145) can be used. They should be cooked for half an hour with the meat.

Braised Leg of Mutton.—Remove all the bone from a leg of mutton, except a small piece by the knuckle. Braise it with half a dozen onions, several carrots and a small bouquet. Put in the bones and add a pint of stock. Simmer in a closely covered pot (p. 22) for four hours. Strain the stock and reduce it before serving it with the mutton and vegetables.

Roast Leg of Mutton.—Lard a little Welsh or Scotch leg, after having beaten it well, with strips of celery. This will add an excellent flavour to it. Fifteen minutes to the pound and fifteen minutes over.

Mutton Cutlets en Casserole.—Take a number of cutlets ; remove most of the fat, trim them and brown them in butter. Drain them thoroughly. Put them into a fireproof

dish. Alternate layers of cutlets with sliced potatoes and a little chopped onion. Season. Moisten with a good stock and cook gently in the oven for an hour and a half. The top layer should be of potatoes, which must be well browned in cooking. Allow two cutlets to each person.

Ragout of Mutton.—Use the middle of the neck, or slices from the shoulder. Trim the pieces carefully, removing a good deal of the fat and some of the bone if the neck is used. Cook gently in a frying pan in order to get rid of still more of the fat. Take out and drain ; pour away the fat and let the cutlets brown in the pan.

Brown sliced onions in butter. Remove them. Add flour to the butter and sufficient stock to cover the meat. Season and add a few drops of caramel colouring. Put in the meat and onions. Cover closely and cook for an hour. At half-time add potatoes. Pour off the sauce, remove the grease, reduce and season it. Strain it before serving with the meat. Little glazed turnips (p. 145) may be used instead of onions. This is an excellent dish if well prepared. It can be made either with English or New Zealand lamb or mutton. It is very good served in a circle of savoury rice.

This dish is particularly excellent when fresh summer vegetables can be added to it, in which case the potatoes may be served separately.

Two pounds of meat are sufficient for five persons.

Pork and Ham

Purées of celery, chestnut, or celery and chestnut mixed (*see* Vegetable Section) are good with pork. So are unsweetened fried apples (p. 168).

Pork Cutlets.—Lightly grill a number of thin pork cutlets.

Half cook a few sliced sour apples in butter.

Put the cutlets into a fireproof dish. Sprinkle them with seasoning and cover them with slices of apple. Pour in a little good clear stock. Cover the dish closely. Bake for about half an hour. Remove the cover and brown under the grill. A little sage and onion may be added.

Pork cutlets can be cooked in the same way with whole chestnuts.

Grilled Pork Cutlets.—Grill a number of small well-trimmed cutlets. Serve them with Sauce Robert and unsweetened fried apples and a purée of potatoes.

Fillet of Pork.—Take a small fillet of pork—about two lbs. Sprinkle it with finely chopped onion and a little chopped sage. Bake in the oven, basting often. For sauce see Pork Steaks.

Spare Ribs of Pork.—The ribs of a joint of pork make excellent "grilled bones" for a supper dish.

Pork Steaks.—Small slices of tender pork brushed with melted butter and dipped in bread crumbs are good grilled.

Make a sauce in this way. Reduce a little stock to a small quantity, adding to it a wineglassful of Chablis and a small onion which has been chopped and browned in butter. Cook for an hour. Strain and season very highly.

This sauce can be used for grilled pork chops. These should be very carefully trimmed. They are good also with an onion sauce (p. 44).

Sausages.—Put the sausages into hot water for a few minutes before frying them very gently. This will keep the skins from splitting.

Vary the usual mashed potato with a purée of peas or savoury rice.

Or serve the sausages with fried apples. Wash and core the apples, but do not peel them. Cut them in slices across. Fry in fresh butter. Do not sweeten unless they are very sour.

Boiled Ham.—Soak a ham for at least twenty-four hours. Cut off part of the fat round the knuckle. Put it in sufficient cold water to cover it and bring it to the boil. Skim well. Cook gently until done, allowing twenty minutes to the pound. It is unnecessary to add vegetables or herbs, for a ham has sufficient flavour. Let it cool in the water, skin it, put it in the oven for a few minutes and sprinkle it with raspings of toasted bread.

A bottle of dry white wine can be added to the water in which a ham is cooked. It is an extravagance, but the result is

excellent. If it is to be served hot, serve it with a Madeira sauce and a purée of spinach.

Boiled Ham (*Old French Receipt*).—Soak a ham for twenty-four hours. Cook it in water. When three-quarters done, take it out and let it drain and cool. Remove the skin. Make a paste of flour and water and entirely cover the ham with it. Finish in the oven. When nearly done, make a hole in the pastry and pour in a wineglassful of good Madeira. Serve with madeira sauce.

Among " foreign " hams, I would give the first place to the peach-fed ham of Virginia. Its flavour is very individual. I am told that one of the most delicious of hams comes from Xeres. My informant cooks it in champagne. I should think that a dry white wine might be used. The hams from Bayonne are excellent too. They should be soaked for forty-eight hours.

Ham in Parsley Jelly.—Cook a ham, or part of a ham, with a knuckle of veal or a calf's foot, adding chervil, tarragon, a bouquet, four shallots, a little white wine and water.

When the ham is cooked pound it and put it in a large bowl. Strain the liquid. Take off all the grease. Season if necessary. Add a wineglassful of white wine and, as it begins to set, a good deal of very finely chopped parsley. Pour it over the ham.

This is a delicious dish. A small quantity can be made with cooked ham and calf's foot jelly. The jelly should be flavoured with herbs and wine.

The veal can be used as a separate dish.

Veal

It is very certain that if the French eat too much veal, we in England might eat more. Beef and mutton become monotonous and a change to veal is pleasant, if it is so cooked that the best of its flavour is brought out.

Creoles, so famous for their cooking, have very drastic methods with this meat. They beat it almost to a pulp, thereby making it both tender and digestible.

Veal must be well-chosen and well-hung, and since it differs much in quality, it is well to buy it from a butcher who fears your criticism. The French cut it into small joints and bone it. They are much preferable to our larger English ones. The browned parts of veal have a very individual and delicate flavour, and the greater the surface exposed to the heat the better.

Veal must be very well cooked (*see* p. 74). No gravy is so exquisite as that which comes from it ; no meat is less unpleasing to smell when cooking. And it is for this reason that veal is to be recommended to those who have to cook in small and confined spaces.

A touch of lemon is good with all veal. Bacon adds the right flavour to it. Carrots, purées of sorrel or spinach, spaghetti and rice are specially recommended to accompany it in any form.

Stock made from veal is the most delicate of all, and a basin of it should always be at hand, as well as a jar of it in a more concentrated form, for use in making sauces.

Trimmings of veal, raw or cooked, should be carefully kept, for they are invaluable for use in stuffings of various kinds and in stock.

Veal is the better for being larded, not only with bacon fat which has been rolled in chopped herbs, but with ham and tongue (*see* p. 23).

Blanquette of Veal.—I do not think that there is any dish more delicate than this, nor any way of cooking veal by which its flavour is made so exquisite ; yet a *blanquette* of veal is hardly ever made by an English cook.

Melt three ounces of butter in a pan. When it is very hot work in a dessertspoonful of flour and stir until it is smooth. Then, gradually, add half a pint of veal stock. Mix well. Add pieces of well-trimmed veal (breast, loin, rump or shoulder),

a dozen button onions and seasoning. Bring to the boil ; then simmer, closely covered, for an hour and a half.

Remove the meat and onions, strain the sauce, adding a little milk or cream, and pour it back over meat and onions. This is a very simple form of *blanquette*. It can be made with water instead of stock.

To have the dish in perfection, add, a quarter of an hour before serving, a quarter of a pound of small mushrooms. At the last moment thicken the strained sauce with the yolks of two eggs (p. 34), adding a little cream, butter cut in tiny pieces, and a dash of lemon juice. Sprinkle with chopped parsley.

Small slices of rolled bacon may be served with the *blanquette*. They must be added the moment before serving.

Both the *blanquette* and the dish on which it is served should be very hot. A ring of rice or spaghetti is an excellent addition.

Two pounds of meat is sufficient for six persons.

Braised Veal.—Braising is perhaps the best method of treating veal. It ensures tenderness and a good flavour. If cut from the fillet, lard it with strips of fat bacon and tongue.

Take a piece of fillet, a boned shoulder or a fine steak from above the knuckle. Shape it and sprinkle it with salt and pepper. In the centre place two well-trimmed veal kidneys. Roll and braise for two hours in stock with a little white wine. If preferred, the veal may be stuffed with a farce of kidneys, mushrooms, ham, parsley, onion and yolk of egg.

There is no more appetising smell in all cookery than that of veal braising with wine and vegetables.

Three pounds of veal is sufficient for eight persons.

Veal Cakes.—Mince some veal as finely as possible. Add to it breadcrumbs that have been soaked in milk and well drained, chopped onion which has been cooked—but not browned—in butter, and the yolk of one or more eggs. Mix thoroughly, season carefully, form into small flat round cakes, then egg and breadcrumb them. Cook in butter in a pan. Sprinkle with lemon juice before serving. Serve with a tomato or mushroom sauce. Put a thin slice of grilled bacon on each. Ham may be added to the mixture.

Veal en Casserole.—Take three pounds of fillet of veal or a boned shoulder. Beat it and trim it into good shape; tie it up carefully and lard it well. Season.

Put a little butter into a casserole. When it is very hot, add a tablespoonful of sliced onion and the meat. Brown it on all sides. Add a cupful of veal stock, cover the pan closely and simmer gently for over two hours. Remove the meat. Skim the gravy, season it and pour over the veal. Little carrots may be added to the pot after the first hour.

Veal cooked in this way can be stuffed, according to taste. *See* receipt for Braised Veal.

This quantity is sufficient for eight people.

Cold Veal.—Cold veal is apt to be dry and tasteless. It will be immensely improved if it is served with a well-seasoned veal jelly (made from the knuckle) to which cooked sliced carrots and a few little glazed onions have been added.

Cut the veal into nicely trimmed slices. Cover each with a sliver of ham. Cap with a spoonful of jelly and serve, very cold, with a green salad.

This is a pleasant summer dish for luncheon—especially good if the veal has been well larded.

Sautéed Cutlets or Escalopes of Veal.—Escalopes of veal are cut from the fillet, the leg or the shoulder. They should be most carefully trimmed. When cut and pounded each should measure about five inches by three, and half an inch (or less) thick. An hour before they are to be cooked, brush each side with a little olive oil.

It is most important that the butter in which they are to be cooked should be clarified and very hot when the cutlets are put into the pan, so that the meat will brown well on both sides. The richer the colour, the better the flavour. A little oil may be added to the butter—and it will increase its heating power—but when this mixture is used I would recommend pouring it off, and adding a little fresh butter to the gravy which remains at the bottom of the pan.

An excellent sauce is made by adding a very little hot water or stock to the butter and gravy in which the meat has been sautéed and a tablespoonful of cream. This sauce can be varied

with a little chopped tarragon and a dash of lemon juice, or with chopped cooked mushrooms.

Another simple sauce can be made as follows :—

Chop a little carrot, onion and a few mushrooms. Heat butter in a pan, add the vegetables and simmer them very gently for half an hour. Put them through a sieve with a white or brown sauce. A tomato sauce may also be used.

A third sauce—and the best :—

Pour a little hot water into the pan in which the escalopes have been cooked, having poured off any excess of butter. Rub the sides and bottom of the pan to detach any concentrated gravy on them. Pour the liquid into a small saucepan. Mix the yolk of an egg with a little water or cream. Strain it. Add it to the gravy. Beat steadily till the sauce thickens. Season and add a little vinegar or lemon juice. This sauce should be made in a *bain marie* (p. 19).

A little chopped ham or bacon sprinkled on veal cutlets or escalopes adds a pleasant flavour.

One and a half pounds of veal is sufficient for four or five people.

Escalopes with Purée of Onions.—Cut a number of slices of veal from the fillet or the shoulder. Beat them, trim and shape them. Brown them slightly in butter. Spread each with a thick purée of onions, mushrooms or chestnuts. Cover the purée with a good Béchamel sauce. Sprinkle lightly with breadcrumbs and brown under the grill.

A *farce* of chopped ham or bacon, breadcrumbs which have been soaked in stock, mushrooms and a little chopped parsley, bound with the yolk of an egg, can be used instead of a vegetable purée. Cover with a good brown sauce and proceed as above.

Escalopes à la Viennoise.—Take several very thin slices of well-beaten veal. Trim them. Dip them in egg and breadcrumbs and fry in deep fat. Serve with thin rolls of bacon and slices of lemon and a little clear veal gravy.

Jellied Veal.—Take a knuckle of veal, remove the meat from the bone, wipe it thoroughly. Scald and drain. Break the bone and simmer it with the meat in water and a wineglassful of white wine for two hours. Then add a small

onion, a clove, peppercorns, seasoning, a little chopped tarragon, and a teaspoonful of good meat extract. Simmer another hour closely covered.

Remove the meat. Cut it into neat slices and arrange them in a deep dish. Strain the liquor. Boil it down until you have just sufficient to cover the meat. Set in a cold place and serve very cold. The wine may be omitted.

A knuckle is sufficient for five or six persons.

Veal Loaf.—Take three pounds of veal, chop it very finely, adding a cupful of fine breadcrumbs, a little onion juice, half a pound of chopped ham, seasoning, a very little spice and two well-beaten eggs. Mix thoroughly. Mould it in a square pan or dish. Turn it out and place it in a baking pan. Brush with the yolk of an egg and cook in a slow oven for two hours, basting with melted butter. Serve cold.

Veal Olives.—Cut six slices of veal from the fillet—*across the grain.* Beat them well, then divide them into squares of about four inches.

Stir two tablespoonfuls of fine breadcrumbs in a pan with hot milk sufficient to make a stiff paste. Put it on a dish and to it add seasoning, a few chopped herbs, mushrooms, parsley, and a very little onion. Spread the mixture on the slices of veal. (Finely chopped ham and tongue can be added.) Roll each piece and tie it up in a thin slice of very fat bacon.

A stuffing may also be made of chickens' livers, bacon, breadcrumbs and mushrooms.

Braise the veal (p. 22), browning it first on all sides ; then adding a little wine and stock. Cover the pan with buttered paper and a closely-fitting lid. Cook very gently for an hour and a quarter, basting occasionally. Before serving, remove the bacon and sprinkle with a few drops of lemon juice. Serve with the gravy reduced and strained. All the grease must be removed.

These olives can also be stuffed with a thick mushroom purée or merely with a slice of bacon.

Allow two olives for each person.

Calf's Kidney with Mushrooms.—Cut two kidneys into small, thin pieces, and finely chop a quarter of a pound of

mushrooms. Heat two ounces of butter in a shallow pan; add the kidneys and mushrooms and a glass of stock. Season and allow the mixture to simmer for five minutes. Serve very hot in the dish in which it is cooked. A small glass of white wine improves the flavour of the sauce, but is not necessary. This is a very good dish. It is sufficient for four persons.

Calf's or Lamb's Kidneys with Cream Sauce.—Chop up a small onion and cook it in butter without browning it. Add a little strong brown stock. Trim the kidneys, cut them into thin slices, season them and cook them in butter. Drain them and place where they will keep hot. To the butter in which they have been cooked add two ounces of mushrooms coarsely chopped. Cook till tender.

Mix the brown stock, onions, the liquid in which the mushrooms were cooked, cream, and a little finely-chopped parsley. Heat this sauce very gently. Pour it over the slices of kidney and mushrooms and serve very hot.

Calf's Liver and Kidneys.—Cook a number of coarsely-chopped mushrooms in butter. Remove them and set them where they will keep hot.

Trim a pound of liver. Cut it in dice and cook it in the mushroom butter, over a strong flame and for a very short time only. Season. Remove the liver and drain it well. Keep it hot. Cook sliced kidney in the same pan—also very quickly. Remove and drain.

Make a good tomato sauce. Add the mushrooms to it and pour it over the liver and kidney. Serve very quickly.

Sufficient for four persons.

Calf's Liver with Onions.—Trim a pound of liver and cut it into thin strips. Heat butter in a pan. Chop an onion and cook it in the butter. Add the liver and cook quickly over a strong flame. Season. Sprinkle with parsley and serve at once.

Sufficient for four persons.

Tomato Purée for Calf's Liver.—Chop an onion very finely; brown it in a little butter. Add to it the butter in which the liver has been cooked, a gill of tomato purée (p. 143) and a little rich stock. Season and mix well. Simmer for a few minutes. Pour over the liver.

Calves' Sweetbreads.—Prepare a fine sweetbread and put it into cold water. Leave it for two or three hours, changing the water three times. (This will clean and whiten it.) Drain well. Put it into a saucepan of cold water and bring it very slowly to the boil. Simmer for five minutes. Then take the sweetbread out and put it once more into cold water. When it is lukewarm take it out and trim away all skin, fat and stringinesses ; wrap it in a clean cloth and press it under weights. Lard it.

Brown the sweetbread in butter and braise it for forty minutes with a little veal stock. Cover it closely with buttered paper and the lid and baste it occasionally. To see if it is done, prick it with a fork. The gravy which oozes out should be cream-coloured. Take the sweetbread out, drain it and brown it quickly under the grill. Strain the gravy, reduce it and serve with the sweetbread. Serve with it little green peas which have been tossed in butter and cream.

Sweetbread chopped, with mushrooms, well mixed with a Béchamel sauce, served in rounds of puff pastry is very pleasing.

The " heart " sweetbread is superior to the one known as the " throat," which is very membranous. One sweetbread is sufficient for three persons.

Curry and Warmed-up Dishes

Curry.—This very simple receipt comes from India and was given to me by Mrs. C. Cortlant Anderson. It gives excellent results. Everything depends on the slow, long cooking.

Take equal weight of meat and onions and use one small tablespoonful of Madras curry powder to each pound.

Cut the onions into thin slices and fry them brown. Sprinkle the curry powder over them and fry a little longer.

Trim the meat very carefully, removing skin and gristle, then cut it up and put it into a saucepan with a little stock, a chopped apple, and a few chopped vegetables and peas. Add a little salt, a lump of sugar, a teaspoonful of lemon juice, and a few sultanas (*but not too many*), and let it simmer for several hours, so gently that scarcely any movement is noticeable. The whole secret

of good curry is in this slow, long cooking. It cannot be made in a hurry.

Serve the rice separately.

To boil the rice : Put well cleaned Patna rice into a big saucepan of boiling water. Let it boil for about twelve minutes ; add salt, stir it gently, take it off the fire and strain it. Pour cold water through it to separate the grains. Spread the rice on a clean cloth and place it in the oven to dry and heat.

Curry served in a case of puff pastry is exceedingly good.

Warmed-up Meat

Always add a very little sugar to stock used for warming up. This is *not* to sweeten it, but to bring out its flavour (*see* p. 17).

Corned Beef Hash.—This is a useful American dish and can be made from any good brand of corned beef.

Remove most of the fat and all gristle. Chop the meat coarsely, adding an equal weight of chopped cooked potatoes. Moisten both with a very little stock. Mashed potatoes may be used.

Put butter into a wide frying pan. When it sizzles add meat and potatoes. When the bottom is well browned, brown the top under the grill. Tomato sauce can be served with it.

Croquettes.—Make a very thick well-cooked, well-seasoned Béchamel with meat or chicken stock, or a white sauce, adding a little chopped cooked mushroom and parsley. Mince finely mutton, lamb, chicken and ham or veal and ham. Work meat and sauce well together while the sauce is hot. Spread out on a large dish to cool. Then put it on a floured board and divide it into small cork-shaped pieces. Roll these in raspings of bread, then in egg and again in raspings. Fry in butter or fat in a frying pan. These croquettes are much more attractive if they are small, and they should be very moist inside and crisp outside. They must be carefully seasoned.

A very little cheese may be added to the mixture. About one gill of sauce is required for four ounces of meat.

Mince of Beef à la Parmentière.—Trim some cold beef or mutton very carefully, discarding all gristle and skin. Mince it very finely by hand.

Chop a small onion and brown it in butter, add the minced meat, a little stock of good colour and quality and two tablespoonfuls of tomato purée (p. 143). Simmer very gently for an hour. If there is too much liquid, strain it off. Season. A very little flour can be used to thicken the mince.

Prepare a light purée of potatoes (p. 117). Put the mince in a dish, cover it with the potato, sprinkle it with small pieces of butter and brown in a quick oven.

This is merely a Shepherd's pie made with great care.

Mince with Border of Savoury Rice.—Mince served with a border of savoury rice (p. 164) is very good.

Mince in Pancakes.—A well-seasoned mince made as for *mince à la Parmentière*, from which all excess of moisture has been drained, is very pleasant if spread on small thin pancakes which are then rolled up and served with a delicate well-flavoured slightly-thickened sauce made of good stock and a little cream. These are delicious made with chicken.

Scolloped Meat.—Trim some cooked meat very carefully and mince it finely by hand. Add a little chopped onion which has been browned in butter, parsley and seasoning. Simmer gently for half an hour in a rich and rather thick sauce.

Sprinkle breadcrumbs on some well-buttered scollop shells or small fire-proof dishes. Pour in a little of the mince (which must not be too liquid), then sprinkle more breadcrumbs. Fill up with meat sprinkled with breadcrumbs and very tiny pieces of butter. Brown in the oven.

Slices of Mutton.—Meat that is to be warmed up should either be given one minute only—just sufficient to heat it—in a highly seasoned brown or tomato sauce, or it should be allowed to simmer for an hour. Otherwise it will be tough.

Poultry

Chicken

The chief aim in cooking a chicken is to bring out its own delicate but quite distinctive flavour. The best way to treat it is to roast it before an open wood fire, basting it often with butter, and anyone who has

watched a plump little bird turning and browning before the glowing wood and giving out its delicious appetising odour at the *Hôtel de la Couronne* in Rouen, and then eaten it, will know that one does not want anything better. Alas, that the destiny of most chickens is to be shut up with a row of gas flames. At least, alas, for the eater, perhaps not for the cook.

With a roast chicken nothing but a good clear gravy is needed. Cooked otherwise, white sauces made with chicken or veal stock, delicate vegetables, mushrooms and rice are perfect. Strong flavours with it I do not like. Even tomatoes seem to me to have too individual and alien a flavour to blend with it, and any sauce containing madeira or other rich ingredients takes away from its essential and characteristic delicacy.

Chicken Fat

The fat which is cut off chickens should be carefully saved. It is so delicate that it can be used even for pastry, and it is excellent for frying. It does not keep long and it must be well prepared.

Collect the chicken fat, not forgetting that in which the gizzard is wrapped. Put it in a pan and stand it in hot water until the fat separates from the tissues and can be poured off. Keep, covered, in a cool place.

On Stuffing Fowls

Chickens are rarely stuffed in England, yet provided that the stuffing used is delicate, as befits the bird, it is an excellent addition. The following is an excellent receipt :

Take a little of the meat of another fowl, a little veal, a little fat ham or tongue, chop them finely. Add a cupful of breadcrumbs, a little chopped parsley and thyme, a drop or two

of onion juice and seasoning. Mix well and moisten the whole with good stock. Mushrooms improve this stuffing.

This receipt from the South of France is to be recommended. The stuffing is used for a fowl, which is simmered very gently for about an hour in a good stock, containing carrots and a small cabbage. The vegetables are served with the bird, and the stock makes an excellent soup, delicate and full of flavour :

Take a cupful of finely-grated breadcrumbs. Chop the liver of the bird, and add to it three ounces of bacon or ham fat, cut into tiny pieces. Mix with these ingredients a little melted butter, a well-beaten egg and seasoning. Moisten with warm stock.

Boiled Chicken with Rice.—Prepare a fowl, salting it inside. Put it in a casserole and brown it lightly all over, add a little butter, then cover it with white stock (water will do, but it is not so good), adding a small bouquet, a clove stuck in an onion, a piece of celery, a few carrots. Season and cover the pot with greased paper and a tightly fitting lid and simmer for three-quarters of an hour.

Wash a quarter of a pound of Piedmontese rice and add it to the chicken ; close the pot again and simmer for twenty-five minutes or until the rice is tender. Remove the vegetables and bouquet and serve the chicken cut into joints and surrounded with rice which you have tasted to see that it is well seasoned.

Braised Fowl.—Set an old fowl for twelve hours in a marinade of oil, to which chopped parsley, onion and seasoning has been added, basting and turning it often.

Braise the fowl (p. 22), adding stock and a wineglassful of white wine. Allow it to simmer gently for two and a half hours. Remove the fowl, skim off the grease from the liquid, which should be reduced, thickened slightly, strained and poured over the bird. A little cream and chopped, cooked mushrooms may be added to the sauce.

Chicken or Poussins en Casserole.—Choose a casserole in which the chicken can be served.

Put the liver with a little salt and pepper inside the bird. Brown it on all sides in butter, or brown it in the oven.

Put into the pot a few tablespoonfuls of good brown stock made from the giblets, a quarter of a pound of coarsely-chopped mushrooms which have been cooked in butter and drained, and a small lump of sugar. (A glass of Chablis will add very greatly to the delicacy of this dish.) Close the pot carefully and cook gently in the oven or over the gas for about an hour. Remove the chicken (cutting it into joints) and mushrooms, and set them where they will keep hot. Scrape the sides and bottom of the pot so that any gravy that has concentrated and adhered to them will be mixed with the rest. Strain, skim and season. Be very careful that this gravy is not greasy. It should be clear and a good brown. Pour it back into the pot and put in the chicken and mushrooms. Serve very hot.

Small cooked onions, dice of turnips, thin slices of carrot and chopped lean bacon can all be added to make a richer dish.

Cook the bacon in a pan, take it out, and drain it. Cook onions, turnips and carrots as directed (p. 145). Drain them well and add all to the chicken at the end of half an hour's cooking. Cubes of potato can also be added later. They should be *sauté* and put in the pot a few minutes before serving. Sprinkle the bird with parsley and serve all together in the casserole.

Whole cooked chestnuts (p. 25) can be used. They should be added a quarter of an hour before serving.

The gravy should always be strained and all grease removed before serving. Few things are more unpleasant than a greasy casserole dish.

If sufficient gravy is made it will be delicious jellied to eat with the cold bird. The vegetables should remain in it.

Poussins will require half an hour only to cook. One should be allowed to each person.

Creamed Chicken.—(i) Cut a young and very tender chicken into pieces. Cook these thoroughly in butter, but do not allow them to brown. Make a Béchamel sauce of good white stock and cream in equal parts. Pour it over the chicken and simmer for twenty minutes in an uncovered pan. This is one

of the most delicate of the dishes of the Brillat-Savarin country. For variety a touch of curry may be added to the sauce—so little that it gives a puzzling not a definite flavour.

Creamed Chicken.—(ii) Trim pieces of cold chicken, removing all bone, skin and gristle. Cut into small dice. Mix with a well-flavoured Béchamel. Heat in a *bain-marie*. This simple mince is much improved by the addition of a few mushrooms. It can be served in puff pastry.

Chicken Croquettes. (*See also* Croquettes under "Warmed-up Meat").—Trim off all skin, gristle, etc., from pieces of cold chicken. Mince and pound these and let them simmer with the carcase and bones and some vegetables in a very little water for two hours.

Cut the rest of the chicken into thin slices, salt and pepper them.

Make a white sauce with the stock and cream or milk, flavouring with mushroom and thickening with a little roux.

Dip the pieces of chicken into the sauce and lay them on a grill to cool. Then dip them into breadcrumbs, then into egg, then into breadcrumbs again. Fry in very hot fat till golden brown. Drain on a cloth. (*M. Renaudet.*)

Chicken with Tarragon.—Cook the chicken in a closely-covered pot with a number of tarragon leaves and stock. Strain the gravy, simmer it with chopped tarragon leaves. Thicken with the yolks of two eggs and cream. Season.

Fricassée of Chicken with Rice.—Cut a chicken into pieces and put them into a saucepan with a little cold water. Heat gradually and simmer for five minutes. Remove and drain.

Heat two ounces of butter in a pan, add a little chopped onion, then the chicken and a sprinkling of flour. Cook for a few minutes, but do not allow the chicken to brown. Moisten with a good stock made from the carcase. Bring to the boil and simmer for forty minutes. Remove the chicken.

Cook a quarter of a pound of small mushrooms in a very little butter. Remove them and add the butter in which they were fried to the stock in which the chicken was cooked. Strain and reduce it by quick boiling. Add the mushrooms, and just before

serving, thicken with the yolks of two eggs diluted with a wine-glassful of cream or milk.

Heat a dish and make a border of rice which has been prepared as follows :—

Cook a cup of Piedmont rice in water for ten minutes. Drain it and finish in a very little good white stock. When the liquid has been absorbed, add one ounce of butter. Season.

Arrange the chicken and mushrooms inside the border and cover with the sauce.

Fried Chicken.—(1) Cut up a chicken. Put the carcase with the gizzard and neck into a little water with half an onion, seasoning, trimmings of mushrooms, or sliced celery. Simmer for two hours, strain and reduce by quick boiling to the required amount. Remove all grease and thicken slightly.

Fry the chicken over a quick fire in a little butter. (This will take about twenty minutes.) Turn the pieces from time to time. Sprinkle with finely-chopped parsley and add a quarter of a pound of mushrooms which have been cooked in butter.

Serve with the sauce.

(2) Brown the various pieces of chicken in butter in a frying pan.

Take them out and put them in another pan with a little more butter and seasoning. Cover closely. Simmer gently for twenty minutes.

Remove the chicken. Add a very little water to the pan. Mix well. Add cream and mushrooms, asparagus tips or small pieces of cooked cauliflower.

Grilled Bones.—Take legs of chicken or game which have been cooked. Season them well. Melt a little butter and add mushroom essence to it. Pour it over the bones and set them aside for an hour. Cook quickly on a well-oiled grill, brushing them occasionally with the melted butter. Oil can be used instead of butter.

Grilled Chicken.—Oil the joints of chicken well, applying it with a brush. Set aside for an hour. Oil and heat the grill. Brown the chicken quickly on both sides. Finish more slowly.

Grilled Poussins.—Split the little chickens, flatten them with an iron and paint them with melted butter. Season and

half-grill them, basting often. Take them off the grill, roll them in fine breadcrumbs and finish cooking them under the grill, basting as before.

Jelly for Cold Chicken.—Put the bones and carcase of a fowl, with vegetables that have been sliced or shaped and browned in butter, in a pot with boiling water, a small lump of sugar and a glass of Chablis. Simmer for one and a half hours. Strain off the liquid. Clarify it, add seasoning and the vegetables. Set aside to cool. This jelly is very good with cold fowls.

Maryland Chicken.—Cut up a very young chicken into joints, brush each carefully with melted butter or the best olive oil. Sprinkle with salt and pepper, dip in flour and breadcrumbs. Put into a well-buttered tin and bake for thirty minutes, basting often with butter. Serve with sweet corn fritters (p. 143), fried bananas and a sauce made from the giblets and carcase.

Roast Chicken.—Cover the breast of the chicken with a very thin slice of bacon fat—it must be thin or it will prevent the bird from browning. Put the liver with a pinch of salt and a little pepper *inside* the bird. Set it on a grid in a pan and bake it in the oven, allowing about fifteen minutes to the pound. Unless the heat is very well diffused, turn the bird several times.

If the chicken is not covered, it must be basted often with good butter. In the first instance, the butter should be melted and applied with a brush to every part of the chicken, then poured over it as a basting.

A *poussin* needs most careful basting.

The slice of bacon can be removed ten minutes before the chicken is ready.

A slice or two of fresh truffle inserted between the skin and the breast will give its delicate flavour to the whole bird.

If you like sausages with your chicken, use little ones.

Chicken Scollops.—Prepare a chicken as for creamed chicken. Have ready a white sauce made with half milk or cream and half chicken stock. Sprinkle well-buttered scollop shells with fine breadcrumbs, add the chicken, and cover with the well-seasoned sauce. Sprinkle with breadcrumbs and

small pieces of butter and brown in a quick oven. A border of purée of potatoes may be put round each shell. A few mushrooms added are pleasant.

A little grated gruyère sprinkled with the breadcrumbs on top is a most pleasant addition. This should form a very thin and crisp crust.

Chicken Soufflé.—Take equal quantities of a good Béchamel sauce made with chicken or veal stock and of finely minced or pounded chicken. Add the yolks of eggs (three to a pint of the mixture). Mix well.

Beat in three stiffly beaten whites (*see* Soufflé Making, p. 172) and bake in the oven for about twenty minutes.

Serve with a clear sauce made of well-flavoured chicken stock or with mushroom sauce.

A few chopped mushrooms will greatly improve this soufflé.

One pint is sufficient for four or five persons.

Ducks

Braised Duck.—Braise a duck (it need not be very young), using a glass of Chablis or dry white wine (*see* p. 22). Simmer for an hour. Add a couple of dozen small glazed turnips (p. 145) and cook very gently for another quarter of an hour. Remove bird and turnips. Strain the gravy and remove the grease.

Cold Duck in Jelly.—Break up and blanch a calf's foot. Brown a duck on all sides in butter or fat. Drain it well.

Put it into a pan just large enough to contain it and the calf's foot. Add good stock made from the giblets, and a wineglassful of white wine, preferably Chablis. Cook it very gently, closely covered, for half an hour. Then add a number of small glazed onions (p. 139) and little carrots, or sliced large ones, which have been browned in butter and well drained. Simmer for about an hour. Take out the duck and vegetables. Reduce the stock if there is too much, season and clarify it (p. 33). Cut up the duck and arrange it with the vegetables in a deep dish. Pour the stock over it and set aside for twenty-four hours. Veal knuckle bones can be used instead of calf's foot.

Serve with lettuce salad.

Ducks en Cocotte.—Prepare a duck and brown it on all sides in butter or fat. Drain it well. Make a little stock by simmering the giblets with browned vegetables for at least an hour. Pour this into the *cocotte* with the duck and simmer gently with the lid tightly fitted over greased paper for one hour and a half. Blanch a number of olives in boiling water, and remove the stones. Add the olives to the duck. Simmer for another quarter of an hour. Remove the bird and olives. Keep them hot. Strain the gravy and *remove all fat.* Serve with the bird. Glazed turnips (p. 145) can be used instead of olives. A little madeira or Chablis can be added while cooking.

Cold Roast Duck.—Cold duck is excellent served with a sauce made of *foie gras* (or very good *leber-wurst*) passed through a sieve, seasoned and mixed with cream. Nothing could be better as vegetable than a cold *mousse* of green peas (p. 140).

Allow about fifty minutes for roasting a duck; thirty minutes for a duckling.

Sauces for Ducks.—(1). See receipt for *foie gras* sauce given under cold roast duck. This sauce can be served hot.

(2) Make a stock of the giblets and a few sliced browned vegetables. Reduce and strain it. Add a little madeira and a dozen or so olives which have been blanched and stoned. Simmer for quarter of an hour.

Stuffing for Ducks.—As a variation upon sage and onion and for ceremonious occasions, the following stuffings will be found very good :

(1) Take three ounces of fat bacon, chop it very fine and cook it gently. When very hot add about the same quantity of calf's liver cut into tiny pieces and the duck's liver. Add a little onion, herbs and seasoning. When well cooked, add bread-crumbs and put through a sieve. Bind with the yolk of an egg.

(2) Make a purée of duck's livers which have been simmered in a little wine, preferably madeira. Season well and add a number of cooked whole chestnuts. Mix well.

Warmed-up Duck.—Make a good stock from the bones and carcase, adding a small bouquet and a very little wine. Blanch a number of olives for ten minutes in boiling water, stone them and add them to the thickened sauce. Add

to it a few small pieces of butter, plenty of seasoning and a dash of lemon or orange juice. Lay the duck in the sauce and heat it through, but on no account continue cooking it after this is done.

Geese and Guinea Fowl

Braised Goose.—Braise in the ordinary way for two hours. Half an hour before serving add small sausages, cooked mushrooms, glazed onions and chestnuts. Remove the fat from the sauce most carefully.

Roast Goose.—Allow twenty minutes to the pound. Put its liver inside it. (It can be eaten with the goose or used as a savoury, *see* p. 200.) Stand the goose on a grid in a pan. Before serving free the gravy from all grease and season it.

Madame Lebour-Fawsett, in her excellent book *French Cookery for Ladies*, recommends that a lemon with its yellow outer skin removed should be put just inside the bird while cooking. It will absorb any excess of fat.

Goose can be warmed up like Turkey *à la* Chippolata.

Gooseberry Sauce for Goose.—Cook some green gooseberries (bottled ones will do) in as little water as possible. Drain them and rub them through a sieve. Add a little stock, a few small pieces of butter and a very little sugar.

Potato Stuffing for a Goose.—Make a purée of potatoes to which some very well-cooked chopped onion has been added. Season it highly, adding a little finely-chopped sage.

Roast Guinea Fowls.—Choose a young bird, and as a guinea fowl is a dry creature lard the legs and stuff it rather richly (veal and pork are excellent for this purpose). Cover the breast with a slice of fat bacon and baste often. Serve with a purée of chestnuts or of chestnuts and celery and with Maltese sauce (p. 44). Allow from three-quarters to an hour for roasting.

It can also be cooked with oranges, as for wild duck (p. 109).

Pigeons

If only the cooking of pigeons were a little more carefully carried out, their reputation would soar. Most of us stew them, and send them to table with a tasteless sauce. They should be cooked with green peas or grilled before they are judged.

Pigeons with Green Peas.—Take three pigeons, wipe them carefully and wrap them round in slices of fat bacon. Put their livers inside them with a little salt. Heat butter in a pan and add to it four ounces of chopped lean bacon. Brown it a little and remove it with a skimmer. Put a dozen small onions into the pot in place of the bacon, brown and remove them in the same way. Put in the pigeons, brown them on all sides and remove them. Drain thoroughly.

To the browned butter in the pan add an ounce of flour and one more of butter. Mix thoroughly and dilute with stock. Strain and season. Reduce. Put the pigeons, chopped bacon and the onions into the stock, adding a small piece of parsley, one of thyme, and a pint of fresh peas. Cover the pan carefully and simmer for half an hour.

Take out the pigeons and cut them in half. Set them where they will keep warm. Remove the parsley and herbs from the gravy and peas. Reduce the liquid if necessary. Pour over the pigeons.

Grilled Pigeons.—Split several pigeons and flatten them with an iron. Season them. Brush over each half with sweet oil and grill very slowly on a well-oiled grill, basting often with butter. Take them off the grill, sprinkle with butter and very fine breadcrumbs. Brown on the grill. Serve with a highly-seasoned sauce.

Pigeons en Papillotte.—Take several well-cleaned pigeons, cut them in half and flatten them with an iron. Make a marinade of oil, chopped parsley, chervil, shallot, pepper-grains, salt, and very thin slices of lean bacon. Put the pigeons into this for two hours, basting frequently.

Take the pigeons out, wrap each in a slice of bacon. Prepare sheets of well-greased paper and wrap the birds carefully in them. Bake gently in the oven, turning once.

Serve with a well-seasoned sauce.

Turkeys

Braised Turkey.—Stuff the turkey with its liver parboiled and pounded, to which chopped lean bacon and parsley, seasoning, breadcrumbs and the well-beaten yolks of two eggs have been

added. Or stuff with chestnuts (*see* Stuffing for Turkeys) or chestnut and celery.

Prepare a pot for braising (p. 22), adding a wineglassful of wine to the stock. Cover with buttered paper and a closely fitting lid. Simmer gently for four hours, turning the bird at half-time.

If you wish to eat the turkey cold, put a scalded broken calf's foot in the pot. The stock when clarified (p. 33) will give you an excellent jelly. (*See* Duck in Jelly, p. 101.)

Turkey à la Chippolata.—Braise a small turkey (p. 22) with slices of fat bacon. Turn it occasionally, adding a wineglassful of white wine and a little good stock. At the end of an hour and a half remove the bird. Take the grease from the gravy. Strain it. Empty the pan of bacon and any grease that may be left in it. Pour the gravy back into the pan. Add a couple of dozen small onions that have been glazed (p. 139) and as many cooked chestnuts, some small dice of cooked and drained lean bacon and a number of cooked mushrooms also well drained. Cut up the bird and put it in the pan and simmer very gently for quarter of an hour. A few minutes before serving add a number of very small sausages (Chippolata if possible) which have been grilled and well drained.

Roast Turkey.—For roasting, choose a fine young female bird. Cover it with buttered paper and allow between fifteen and twenty minutes to the pound. Remove the paper a quarter of an hour before the bird is cooked to allow the breast to brown. Start in a moderate oven and increase the heat. Cranberry and celery jelly (p. 45) is very good served with turkey.

Turkey Warmed Up à la Chippolata.—To warm up turkey, make a good sauce of the bones and carcase, adding mushrooms which have been cooked in butter and drained, and glazed onions, a little chopped bacon cooked and drained, whole cooked chestnuts and several small cooked sausages. Season well. A little wine will improve this sauce (Chablis is the best), and a few small pieces of *fresh* truffle will add immensely to the delicate flavouring of the dish. Heat the neatly-cut pieces of turkey in the sauce, but on no account let it cook after it is heated through.

Stuffing for Turkeys.—A slice or two of fresh truffle will flavour the whole bird delightfully. They should be inserted between the skin and the breast.

(1) To a cupful of chestnut purée (p. 133) add a third of a cupful of fine breadcrumbs, a quarter of a pound of sausage meat, chopped parsley and melted butter. Season well and mix thoroughly. Chopped cooked mushrooms may also be added and a little thinly sliced truffle—if you can get it fresh.

(2) A purée of mushrooms mixed with a purée of celery makes a good stuffing.

(3) Chestnut stuffing is made as follows. Boil a pint of chestnuts (p. 25). Remove the shells and the inner skins. Roll them while hot in melted butter and seasoning. Stuff the bird with them.

Or: Put boiled chestnuts through a sieve, adding butter, seasoning and a few drops of onion juice. Mix well together and bind with a little melted butter.

Game-birds.

There can be no better way of cooking game than by roasting it provided the birds are well-hung, young and tender. Partridges require about twenty-five minutes ; pheasants, forty to fifty minutes ; grouse, thirty to forty minutes ; ptarmigan, thirty to thirty-five minutes ; snipe, ten minutes ; woodcock, ten minutes. Golden plover, which is exceedingly pleasant to eat if in good condition, takes twenty minutes.

Put a little butter and seasoning inside the birds. Set them on slices of stale bread spread with their pounded livers and *foie gras* mixed with a very little butter, a touch of onion and seasoning. Stand them on a grill in a pan. If you protect their breasts with a thin slice of fat bacon, take it off a little while before the birds are done, so that they may brown. Baste with fresh butter.

Serve them with the finest browned breadcrumbs,

the smoothest bread sauce, clear gravy, chip potatoes and the most delicate green salad. They are too good for the intrusion of any alien flavour.

Chestnuts boiled in game stock and put through a coarse sieve make a pleasant change from breadcrumbs. They must be very dry when served.

Older birds, which have lost their tenderness, can be more elaborately treated. Here are ways of doing so :

Wild Duck.—Stuff the duck with slices of carefully skinned orange. Cook it for twenty to twenty-five minutes in the oven, having covered the breast with a slice of fat bacon which should be removed for the last ten minutes so that the bird may brown.

A wild duck may also be stuffed with stoned olives, or with stoned olives that have been stuffed with small pieces of anchovy. Cook the duck on a slice of stale bread which has been spread with the pounded liver seasoned and mixed with a very little butter (Mrs. Bonus).

Orange Sauce for Wild Duck.—Grate the yellow skin of a Seville orange very finely. Add to it a wineglassful of good clear stock. Simmer for a few minutes. Add a wineglassful of red wine, the juice of an orange, a lump of sugar and seasoning. A little cayenne is good with this sauce, which must be served very hot.

If the wild duck has been stuffed with slices of orange, cut these up and add them to the sauce, having first drained them thoroughly.

Baked Partridge, Cold (*Mme A. L.*).—Make a stuffing of *foie gras*. Fill the birds with it. Put them into well-greased paper bags. Tie them up firmly. Put them in the oven and bake for half an hour. Allow them to cool in the bags. They will have preserved all their essential flavour.

Partridge en Casserole.—Brown young birds on all sides in a little butter. Put them into a casserole with a very little good stock. Cook very gently. After three-quarters of an hour, remove the birds. Strain the gravy and add sour cream,

a little lemon juice and seasoning to it. Serve with the birds.

Braised Partridges with Cabbage.—Clean and singe the partridges. Lard them. Brown them on all sides in a little butter. Blanch Savoy cabbages in boiling water for ten minutes. Drain them, then put half of them into a pan with a few slices of fat bacon, a pricked cervelas sausage, a small bouquet, a tiny piece of garlic and a clove tied up in muslin. Put in the birds, with slices of carrot and onion. Pour in some stock, lay the rest of the cabbage on top and cover with greased paper and a well-fitting lid. Simmer for three hours.

Remove the birds and vegetables and set them where they will keep hot. Discard clove, garlic and bouquet. Take the grease from the stock and reduce it if necessary. Serve with the partridges.

Boiled Pheasant Stuffed with Chestnuts.—An excellent way of cooking a fresh pheasant is to stuff it with chestnuts and simmer it very gently for an hour in water or stock. Serve with celery sauce (p. 43).

Pheasants à la Chippolata. *See* Turkey.

Braised Pheasant.—Prepare an old pheasant by cleaning and singeing it. Set it in a pot with fat bacon, vegetables, etc. (p. 22), after having slightly browned it on all sides in fat or butter. Pour over it a little brandy and set light to it. Add a little good veal stock. Cover closely with a greased round of paper and a tightly-fitting lid. Simmer gently for an hour. Take out the pheasant. Remove the grease from the gravy, strain it, and add a little sour cream, a dash of lemon and seasoning. Serve with the bird.

Jelly for Serving with Cold Game.—*See* Jelly for Chickens—but use a red Burgundy instead of Chablis, and game bones instead of chicken.

Mousse of Game.—Cut up small birds or one large one into joints. Break up the carcases, remove the flesh from the joints and add the bones with their trimmings to the carcases with a small slice of ham and two ounces of butter. Put them in a pan and cook them gently for a few minutes, then add a small bouquet and a sliced onion. Add a gill of red wine and

half a pint of stock. Simmer for two hours. Add a pint of good jelly, stir well over the fire till thoroughly mixed. Strain through two folds of muslin and season.

Cut up the flesh of the birds, removing all the skin and trimming carefully. Cook it in butter, together with the livers, for ten minutes. When cold add a little of the stock, pound it and put it through a sieve. Put the purée into a bowl together with the rest of the stock which should be warm ; work well together, adding mushrooms cooked in butter and drained and a glass of firmly whipped cream.

Line a mould with a thin layer of aspic jelly. Pour in the mixture and stand on ice for two hours before serving.

Salmis of Game.—Make a brown roux. Add stock made from the carcases, bones and trimmings of game, together with their pounded livers, a very small bouquet and seasoning. Simmer for an hour. Add a wineglassful of good red wine, simmer again for half an hour, then strain. Put the liver through a sieve and return it to the sauce.

Cut up the game into neat well-trimmed pieces and heat them in the gravy. They must not be allowed to cook for more than a minute or two. A little lemon juice or wine may be added, and croutons served with the salmis. Chestnuts, small onions and little sausages can be added. They make an exceedingly savoury dish (*see* Turkey Warmed Up *à la* Chipolata) (p. 105).

Soufflé of Game.—*See* Chicken Soufflé (p. 101).

Rabbits and Hares

The rabbit has fallen into undeserved disesteem, even in France where, however, it is still admirably cooked in the humbler homes, small restaurants, and inns.

A wild rabbit is more interesting and has more flavour than the mild and sedentary creature of the hutch.

Success in cooking a rabbit depends upon its age—it should be under six months. To be sure of a rabbit

it should be chosen before it is skinned. Its eyes should be almost as bright as when the animal was alive, and one that has been shot in the stomach should be avoided. If the pads are dry, the claws hard, and the teeth long it will be too old for use. The female rabbit is preferable to the buck.

When tame rabbits are used they should first be marinaded in a china bowl for four hours. The marinade is composed of oil (three parts), vinegar or wine (one part), a bouquet of thyme and bayleaf, sliced carrot, onion, parsley, salt and pepper. The rabbit must be basted from time to time if it is not wholly covered in the liquid. Wild rabbits do not need this preparation.

When larding a tame rabbit (of itself a tasteless creature) put the strips of fat which are to be used in a covered bowl with a handful of thyme for at least an hour before they are required.

To anyone interested in the cooking of rabbits I would recommend M. Renaudet's book,[1] to which I am greatly indebted. His knowledge and his zest incite to experiment.

Rabbit à la Saint-Avertin.—Cut the rabbit in pieces. Lard them closely. Clarify three ounces of butter, heat it in a casserole. Arrange the pieces of rabbit in the pan so that they lie perfectly flat and cook them slowly for ten minutes, being careful not to let them colour, and turning them once. Cover the rabbit with milk and a liqueur glass of white wine ; add seasoning. Cover the pot carefully and simmer very gently for an hour. Then remove the rabbit, placing it where it will keep hot. Strain the liquor into a saucepan. Dilute the yolks of two eggs with a little milk and add them to it. Stir continually with a wooden spoon, and when it begins to thicken add an ounce of butter cut into small pieces and a

[1] *Soixante Recettes pour Préparer le Lapin.* (Albin Michel.)

tablespoonful of grated gruyère. Assure yourself that the seasoning is perfect, then beat the sauce until it is frothy. A little cream will add to the merit of this dish.

Arrange the rabbit on a hot plate, pour the sauce over it and serve at once. (*M. Renaudet.*)

Baked Rabbits.—Choose very young rabbits—under four months old. If tame they must be marinaded for four hours. Place a sprig of thyme and a little butter and salt inside the rabbit. Or stuff it as follows :—

Wash and dry the liver and lungs, chop them and a little onion very finely and cook in butter. Pound the mixture in a mortar together with an equal quantity of bread which has been soaked in stock. Add a small quantity of very finely chopped parsley, tarragon and thyme (just a pinch). Season well and bind with the yolk of an egg and a little stock. Or make a stuffing of minced pork, calf's liver, breadcrumbs and yolk of egg.

The flesh of the rabbit dries very quickly and it is best larded. Its back must be protected by a slice of fat bacon and by greased paper, both of which must be removed during the last ten minutes of its baking so that it may brown. Where the rabbit is larded it should be allowed to brown first, and one covering—greased paper—will be sufficient. The oven should be moderate, and half an hour will suffice for its cooking. Baste frequently with butter.

Where rabbits are plentiful their backs only should be used, for the flesh is more delicate than that of the legs.

Serve with a highly seasoned sauce.

Rabbit en Casserole.—Divide a rabbit into joints and its back into several pieces. Wash and dry it thoroughly. Cut two slices of very lean bacon into small pieces and turn them over in the casserole in a very little butter. When cooked remove them and put the rabbit in their place. Cook very gently for ten minutes, turning often so that it does not burn. Sprinkle with flour and, still turning, cook for a few minutes longer. Add stock. Cover the pot closely and simmer very gently for an hour and a quarter. Have a number of small cooked onions (p. 139) and add them to the

rabbit ten minutes before it is ready. (A few mushrooms *sautéd* in butter will greatly enhance this dish, which is an excellent one if well made.) Strain off the liquid, reducing it if necessary by quick boiling, keeping the rabbit hot in the meanwhile. Remove the grease with soft paper. Season and pour over the rabbit. Two or three tablespoonfuls of tomato purée and a small bunch of tarragon can be cooked with the rabbit.

Hares

Saddle of Hare (*Râble de Lièvre*).—Cut up a young hare (or two) and set aside the various joints for jugging. Hold the back up to a clear fire which will make it easy to remove the blue second skin which covers it. Lard it finely. Set aside in a bowl any blood that has come from the animal, mixing it with a little brandy or vinegar to prevent it from curdling. With the inferior parts and trimmings make a little strong stock. Clean the liver scrupulously and set it aside. Cover the back with greased paper and bake it in a moderate oven for an hour. Baste it from time to time with butter.

For the Sauce.—Dilute brown roux (p. 26) with a little red wine and a few spoonfuls of the stock that you have made. Add seasoning, several grated shallots and a little garlic (if you like it). Simmer for three-quarters of an hour, strain and reduce over a quick fire. Pound the liver, cook it in a little butter, add the blood to it and pour it into the sauce with a little cream. Do not let it boil, but keep it hot in a *bain-marie* (p. 19) till the hare is ready to serve.

Port Wine Sauce for Hares.—Make a good stock of the inferior parts. Melt in it a tablespoonful of red currant jelly. Add two tablespoonfuls of port. Season highly.

The receipts by M. Renaudet in this section are taken from his book *Soixante Recettes pour Preparer le Lapin* (Albin Michel).

CHAPTER IX

VEGETABLES: POTATOES

WELL-BOILED or steamed potatoes served with a joint are admirable. But no one way should have a monopoly. The potato lends itself to variety most attractively and its flavour may be changed and subtilised in a score of ways. I knew a Lutheran pastor, sternly puritan, who asked only one luxury of life—that his potatoes should be served in a different way each day of the month. They were. And I admire his determination.

The French have many distinct varieties of potato on the market. For almost all forms of potato cookery, other than boiling, baking and mashing, they use, when new potatoes are over, a so-called Dutch variety, which keeps its firmness when cooked. To those who can grow them *Quarantine de la Halle* or *Rosa* are recommended.

The ordinary Dutch potato can be bought in England.

Parsley blends attractively with potatoes and it has a real decorative value. It should be chopped almost powder-fine. The flavour of cheese also mixes well with potato and does not make it over-rich.

Potatoes Anna (*Pommes Anna*).—Take a pound of Dutch potatoes, peel, finely slice, wash and dry them. With a pastry brush paint the inside of a solid tin or copper mould with melted butter, and lay a round of greased paper at the bottom of it. Arrange the potatoes in circles so that each piece overlaps the next. Over every layer sprinkle clarified melted

butter and seasoning. Fill the mould and press down firmly. Cover it either with a metal lid or with greased paper. Bake in a moderate oven for an hour, adding melted butter if the contents seem to be dry. At the end of this time the potatoes should turn out in a compact well-browned cake. Any excess of butter should be drained off. The best results are gained when heat can be given both from above and below the mould. If the heat in the oven is uneven, turn the tin during baking. (Sufficient for four persons.)

Cheese may be added to make a richer dish, and for variety the potatoes may be cut into the thinnest strips (*pailles*).

No form of potato is more excellent than *Pommes Anna* for serving with grilled or baked meat.

Boiled Potatoes.—The main precaution in boiling potatoes is to avoid soaking them. The danger is perhaps best avoided by steaming (thirty to forty minutes).[1] Water must be used to soften, but never to sodden. For the most part French receipts recommend the boiling of potatoes in their skins; but the custom is not general in England, though in Ireland it has always been the rule. Indeed, it is to Ireland that one must turn for instruction, for I am told that Irish cookery has but one excellence: it can deal with potatoes. Put into cold and salted water, they are, when the water has reached boiling point, finished by steaming and then dried over the heat of the oven. In old times people in Ireland whenever they ate meat used potatoes actually instead of bread. It was the custom to send up the first instalment in their jackets; the rest were taken out of the pot, peeled in the kitchen and set on the range to crisp. These "second potatoes," as they were called, had a delightful touch of the grill about them, and were generally better than those simply boiled. In this country, where one instalment suffices, it would make a pleasant change to serve the "second potatoes" first.

In any case potatoes, if boiled, must be drained and set, well covered, in a warm place to dry.

[1] In an article in the *Daily Mail* Sir Arbuthnot Lane says of potatoes that *they are not fattening*; that they contain the vitamins essential to health; but that water extracts their more valuable contents.

It should be remembered that the skins of potatoes contain very nourishing properties.

Boiled New Potatoes.—New potatoes scraped and washed are put into boiling water to which salt and mint have been added. Before serving drain the potatoes and remove the sodden mint, roll them in a little fresh butter and sprinkle them with very finely-chopped parsley. Time about twenty minutes. New potatoes can be cooked in their skins.

A little lemon juice added to the water will keep the potatoes white.

Carlton Potatoes.—Bake a number of large potatoes. Cut off their tops lengthwise. Scoop out the contents, leaving the skin intact. Beat the potato pulp *until it is very white and light*, with seasoning, butter, milk or cream. The mixture should be firm, but not too solid. Refill the skins and sprinkle with very tiny pieces of butter, and bake in a quick oven until well coloured. The yolks of one or two eggs may be added to the purée, in which case the potatoes must not be left long in the oven or they will be too dry. Cheese may also be added to the purée.

Chip Potatoes.—Slice a number of raw potatoes as finely as possible. Soak them in cold water for half an hour, rinse them in fresh water and dry thoroughly between cloths. Prepare frying fat (p. 51) and when it is smoking hot put a few slices of potato in at a time, using a basket. Do not allow them to come in contact with one another. Take out the chips as they colour, sprinkle with salt and stand on paper in the oven. The chips must be very crisp and *absolutely dry*. Their quality is spoiled when they are soaked in gravy, and they should be served separately on small plates. Cooked in this way they are most digestible. They will keep for some days in a tin and can be warmed up in the oven. They are excellent with cocktails. For this purpose they should be well salted.

Creamed Potatoes.—Cook the required number of potatoes, or use any that have been left over. (They should either be new or of a Dutch variety.) Cut them in slices an eighth of an inch thick. Have ready a good Béchamel sauce, not too

thick. Pour it over the potatoes, sprinkle with finely chopped parsley. Serve at once—very hot.

Creamed potatoes are specially good browned in the oven in a fireproof dish. They acquire a new and pleasing flavour.

Potato Croquettes.—Make a purée of potatoes as moist as is compatible with shaping it into balls or flat cakes. To a pound of potatoes add the yolks of two eggs, which have been lightly beaten with a little milk and strained. Mix well. Divide the purée into small balls or other shapes, roll them in the finest breadcrumbs and, lastly, in a little grated cheese. Fry in very hot fat. These croquettes should be very crisp outside, very creamy within. Into the centre of each ball a spoonful of creamed chicken, game, veal or mushrooms can be placed. These are delicious if well fried. This quantity is sufficient for four to six people.

Dauphiny Potatoes (*Gratin Dauphinois*).—Fill a shallow pudding dish with thin slices of raw potato, sprinkling small pieces of butter and seasoning among them. Cover with cold milk, to which the yolks of two eggs may be added. Bake in a moderate oven for about an hour, taking the same precautions as you would in baking a custard to prevent curdling (p. 178). Par-boiled potatoes may be used.

This dish is very delicate and nourishing.

Fried Potatoes.—For frying, (p. 51). Use a frying basket. Heat the fat till it smokes. Test it by throwing in a few pieces of sliced potato. If they brown in a few seconds the frying mixture is hot enough. Put the potatoes in gradually. Take the saucepan off the fire before removing its contents. Stand the basket in a warm place to drain thoroughly. Serve your potatoes in a hot *uncovered* dish.

For frying, cut the potatoes in wedge-shaped pieces, in slices, tiny strips, or, with a special cutter, in spirals or ribbons.

Potatoes and Ham au Gratin.—Boil new or Dutch potatoes. Cut them in slices. Arrange them in a dish with small thin pieces of ham. Cover with a sauce Mornay and brown in the oven. This is a very good supper dish.

Mashed Potatoes.—Possibly the word "mash" has exercised an unfortunate influence upon commonplace cookery.

It is certain that it conveys neither care nor interest, and that the process of "mashing" potatoes is usually a swift and inadequate one—that lumps remain, that seasoning is forgotten, that butter is stinted and milk rarely used. Potatoes respond in a charming way to beating; their colour changes to a delicate white and their texture becomes smooth and fine. Cream adds to the finish of this texture, but even milk works wonders; and, however small the quantity of butter used—and less is needed when milk is added—it must be of the best; potatoes exaggerate any touch of rankness in butter.

Plain Purée of Potatoes.—Cook the potatoes in their skins. Peel and put them in an earthenware saucepan. Break with a fork, and when no lumps remain add a piece of the best butter, a little milk, and seasoning. Beat until the mixture is white and smooth. The quantity of milk used should at first be small; more can be added later according to the consistency required. If the purée is too moist it must be stirred quickly over a fire till it is of the right thickness.

Purée of Potatoes with Beetroot Sauce.—Make a very light purée of potatoes. Heap it in a dish, hollowing out the centre of the mound. Fill this with a good smooth white or Béchamel sauce with which finely chopped beetroot has been mixed. This is a most excellent dish to serve with cutlets.

Purée of Potatoes and Haricot Beans.—Boil the vegetables separately in the proportion of half and half. Put through a sieve, moisten with milk. Add butter and seasoning and beat well together. Reheat and serve.

Purée of Potatoes with Olives.—Cook 2 lbs. of potatoes in their skins. When they are ready, peel them and put them through a sieve. Add a gill of hot milk, the yolk of an egg, 2 ozs. of grated gruyère, fifteen *black* olives finely chopped, salt and, at the last moment, the stiffly-beaten white of the egg. Mix all well together. Butter a mould, sprinkle it with fine bread crumbs and fill it with the purée. Bake for half an hour in a moderate oven. Turn it out and serve. (From Dr. Corton's *La Cuisine Simple* (Maloine & Fils).)

Westphalian Purée.—Mix thoroughly a good purée of

potatoes (two-thirds) with a slightly sweetened purée of sour apples (one-third). Season. Serve with goose.

Sauté Potatoes.—Slice a pound of new potatoes, wash and dry them. Put about two ounces of clarified butter in a copper pan so wide that it will allow the potatoes to be spread out on it. When the butter is very hot put in the potatoes and cook over a very gentle heat for from fifteen to thirty minutes, tossing them from time to time, and adding more butter in small pieces if required. When finished all the butter should be absorbed ; the potatoes should be neither greasy nor too rich. Salt before serving and sprinkle with chopped parsley. (Par-boiled potatoes can be *sautéed* in much less time.) A little chopped onion added to the potatoes makes *pommes Lyonnaises*. Sufficient for four people.

Sauté Potatoes (whole) (*Pommes Fondantes*).—Choose a number of small, firm potatoes, preferably Dutch, peel them and put them into a saucepan with cold water. Bring the water to the boil and let the potatoes cook for five minutes. Take them out, drain and dry them thoroughly.

Heat two or three ounces of clarified butter in a pan, add the potatoes and cover them with a round of buttered paper. Let them cook very gently until they are uniformly coloured. Serve with chopped parsley.

Savoyard Potatoes (*Pommes de Terre Savoyard*).—Slice finely a number of potatoes and pack them closely in a deep well-buttered fireproof dish, sprinkling a little grated gruyère and seasoning between each layer. Fill up the dish with a good brown stock. Sprinkle a few tiny pieces of butter on top. Heat on the stove, then bake in a moderate oven for about an hour, at the end of which time the stock should have been absorbed by the potatoes. This is an excellent dish.

Soufflé Potatoes (*Pommes Soufflée*).—Cut a number of Dutch potatoes lengthwise into slices about an eighth of an inch thick. Soak them in water for an hour, then rinse and dry them thoroughly. Throw them into moderately hot fat and allow them to cook until they are softened, but not coloured. Remove them and let them cool. Boil up the fat and when it is very hot put back the slices of potato, stirring them gently

until they begin to swell out. Remove each piece as it is ready, placing it on paper in the oven to drain. The operation must be carried out very quickly and the potatoes must be served without delay. They should be served on separate plates, for if gravy-soaked they lose much of their quality. Plenty of fat will be required, and a frying basket should be used.

Soufflé of Potatoes.—Mix a pint of perfectly smooth mashed potato (p. 116) with two tablespoonfuls of butter, a gill of cream or milk and the yolks of two eggs. Season. At the last moment cut in the well-beaten whites. Put into a buttered dish and bake in a moderate oven. Do not bake too long, or the soufflé will be dry. (*See* p. 172.) Grated cheese may be added. Enough for four people.

CHAPTER X

VEGETABLES—*continued*

TO be a gourmet with a special cult for vegetables is a very different thing from being a vegetarian, and I wish the cult could be spread far and wide. The real way to encourage it would be to imitate French example and serve vegetables from time to time as a separate dish. Not until this is done will proper attention be paid to their preparation—and their choice ; for in this matter the housekeeper must see to her own province before she blames the cook. Vegetables must be well chosen, with knowledge of their season, and be perfectly fresh. If the housekeeper has her own garden, her first difficulty will be to defeat the gardener's ambition to produce size ; giant scarlet runners, for example, which must be sliced up for cooking so that all their sap goes into the water, and which have a rasp in their rough skin which boiling does not wholly remove. If, on the other hand, she has to buy her vegetables, inspection and choice are more necessary than for any other food. The inferior peas your greengrocer sends you may be the finest the market can offer at the moment ; but if you go to his shop to choose and know your business, you will buy something other, than peas.

A good gardener by small sowings of properly selected varieties can maintain a succession of green peas in a favourable year until October ; but the sowings must be small, so that he will not be tempted

to persuade the household to finish a drill of peas that are over-ripe and hard. And as for the possibilities of the various beans, few gardeners out of France are alive to them. From September on we have little but the scarlet runner. A reading of M. Vilmorin's[1] catalogue will open the housewife's eye to the varieties from which France can choose, including the delicate butter-bean so rarely seen on the market here and ending with the delicious *haricot marbré nain* which, in mid-October, looks like a withered leaf but is as sweet and succulent as the first French beans of July.

What every French cook avoids when cooking vegetables is the taste of water. I heard the other day of a Breton *bonne-à-tout faire* who stoutly refused to cook vegetable marrow. Nothing she said would give it anything but the *goût d'eau*. Yet, if she had cooked it, undoubtedly she would have drained it to the last drop, and that is what few of our cooks accomplish.

It ought to be remembered that as far as vegetables are concerned the French and their neighbours, especially England, start fair. No amount of skill will compensate for the advantage in the cooking of certain meats and fish and many sauces in the fact that in France a little wine is always available. But this does not apply to vegetables ; and cream and butter are, or should be, no less plentiful, for instance, in England than in France—more plentiful than in the wine-growing districts there.

Students of hygiene may, if they like, put up learned arguments to justify their pre-occupation with this subject. I am sure that economists could do the same with ample cause. But I write of food now simply from the point of view of pleasantness. It

[1] Vilmorin, Andrieux et Cie, 4, Quai de la Messagerie, Paris.

would be a poor world in which a little ecstasy was not permitted over young green peas. Grimod de la Reynière called them the "song of May." They will not deserve the name if they are not perfectly fresh and shelled only just before they are cooked. And there are other "songs" as good if not so rapturous.

General Directions

Put all fresh vegetables into slightly salted boiling water and cook them with the lid off. Skim the water carefully if any scum rises. Never use soda.

Winter vegetables, such as carrots, onions, turnips and cabbages should be given a preliminary blanching, *i.e.*, they should be put into boiling water for from five to ten minutes, then be drained and cooked in the ordinary way. They will gain greatly in delicacy. (*See* receipt for Macedoine of Winter Vegetables, p. 136.)

Tinned vegetables when opened should at once be put into a colander and water allowed to run freely through them.

The water in which beans, fresh or dried, peas and asparagus are cooked can be used in the making of soups. Some cooks use cabbage water, but I do not like it.

If vegetables are to be cooked in stock, the best must be used, *i.e.*, a stock that has been made with vegetables, well-flavoured, clear and brown.

Never cook spinach, sorrel, French beans or peas in an iron or tin saucepan. Use copper or aluminium saucepans.

Green vegetables, such as peas, beans, spinach, will best retain their colour if cooked in a copper pan.

Cauliflower, cabbage and many other vegetables

may be steamed—a longer process than boiling—and, I think, less satisfactory.

Globe Artichokes.—For the most part this is a vegetable which is not at its best in England, where it rarely has the succulence and flavour which characterise it in France and elsewhere abroad. Yet even here it is sometimes pleasant eating.

In preparing artichokes do not cut the "tail" off—pull it out. Remove two or three of the outer rows of leaves from as near the base as possible. Trim about an inch off the top of those that are left with a pair of sharp scissors. Trim the bottom also and scrape it.

Put the artichokes into a large pan of salted boiling water and cook them for about half an hour. Remove them and stand them upside down to drain. Then stand them right-side up and, holding back the big outer leaves, pull off the little flimsy central ones and very gently, with a spoon, scrape away the unedible layer which covers the delicious base (*fond*).

If the artichokes are to be eaten hot, serve them with a Hollandaise sauce or with plain melted butter; if cold, with a dressing composed of oil, vinegar, finely-chopped parsley, chervil, tarragon, onion and a few capers.

If the base only of the artichoke is needed, break off all the leaves, scrape the top layer of the base off, trim the under part and rub it with a little lemon juice to prevent it from going black. Cook in boiling water to which a little vinegar has been added. Time to boil—from thirty to forty minutes.

Quarters of artichoke bottoms are very good fried in butter. Each piece should be sprinkled with lemon juice and finely-chopped parsley. For other receipts, *see* Savouries, pp. 199, 202.

Cooked artichoke bottoms placed in a shallow fireproof dish and covered with milk to which the yolks of eggs (two to the half-pint) and a little grated Gruyère and butter have been added are delicious cooked very slowly in the oven.

Japanese Artichokes.—This skilfully turned little winter vegetable is seldom used with us, but it has a most delicate and characteristic flavour.

Remove the filaments from each end of the little artichokes. (Unless you are sure that they are quite fresh soak them first for an hour in cold water.) Put them in a strong cloth together with a handful of coarse salt; roll the cloth tightly round them and, holding it at both ends, twist and rub them as hard as possible. This will remove most of the outer skin. Wash in cold water, and if any skin is left, detach it with a sharp knife.

Au Gratin.—Clean the artichokes as directed above and cook them in boiling water for about ten minutes. Drain thoroughly. Butter a dish and sprinkle it with breadcrumbs and grated cheese. Mix the artichokes with a Mornay sauce (p. 44) and pour them into the dish. Sprinkle with breadcrumbs, grated cheese and a very little butter, cut in tiny pieces. Brown in the oven.

A little very finely-minced chicken and ham will greatly add to the pleasantness of this dish.

Sautéd Japanese Artichokes.—Boil the artichokes in salted water (about twenty minutes). Take them out and drain them thoroughly. Heat a little butter in a pan, add the artichokes and turn them over until they are lightly coloured. Just before they are served add a little good stock or meat extract. Season. Cream may be used instead of stock.

Jerusalem Artichokes.—Clean and scrape. Cut into uniform shape and throw into acidulated water[1] to prevent them from turning black. Cook in slightly acidulated water for about half an hour. Serve with white sauce and sprinkle with parsley.

When making a purée boil the artichokes with an onion, and a slice of ham. When tender, put them through a sieve. Add butter in tiny pieces and a little milk and seasoning.

Jerusalem artichokes are very good mixed with a Mornay sauce and browned in the oven.

Asparagus.—Thoroughly clean the asparagus with a hard brush. Cut off the bases. Scrape the white parts and wash in cold water. Tie into bunches and lay in cold water for an hour. As the tips cook more quickly than the stalks, it is advisable to stand the bunches up in a big deep pan, leaving the

[1] *I.e*, water to which a little vinegar has been added.

tips out of the water for about ten minutes. Finish by pushing them gently under the water. They will take from twenty to thirty minutes, according to their size. Cook them slowly—never at a gallop.

Drain them well and serve very hot with melted butter (of the very best) or Hollandaise sauce ; or with a sauce made of good veal stock, to which a very little butter and grated cheese have been added ; or with melted butter in which the finest raspings of bread have been browned.

There are one or two very good brands of tinned asparagus.

Broad Beans.—No one who has not an excellent digestion should eat beans, except the earliest pickings, unless their outer skin is removed. This can be done before or after cooking—more easily after. For very young beans I think a thick sauce is too heavy—a very little butter and cream with seasoning is more suitable. The older ones are good with parsley or white sauce. When they are really old they should be used as a purée. Cook from twenty to forty minutes.

For Mousse of Broad Beans *see* **Mousse of Green Peas,** p. 140.

Purée of Broad Beans and Green Peas.—Take an equal quantity of beans and peas. Cook them with a handful of washed watercress and one or two lettuce leaves, a spoonful of chopped onion, a sprig of mint and a lump of sugar. When cooked, remove the mint and put the rest through a sieve. Reheat, adding seasoning and small pieces of butter. Stir well and just before serving add a little cream.

For this dish neither beans nor peas need be very young.

Butter Beans.—Butter beans are cooked in the same way as French beans. They have a very delicate flavour.

French Beans.—The usual method of preparing French beans is rather tedious in process and very insipid in effect. In the ordinary French restaurant they are often coarse in flavour and sodden with butter. There is a middle way.

Prepare the beans, which must be young, tender and small, by breaking off each end and stringing them, if necessary. Put them into a copper or aluminium pan in which a large measure of salted water is boiling fast. When they are tender but still

firm, for they must not be cooked too long—from twenty to thirty minutes must be allowed—drain them on a sieve. Take a big, shallow pan, make it very hot over the fire and throw in the beans, shaking them gently until they have lost all humidity by evaporation. (In this drying lies the secret of success.) Have ready good fresh butter cut into very small pieces, add it quickly, shaking the beans steadily until it is melted. Season and serve immediately with a little finely-chopped parsley. Beans prepared in this way are both delicate and full of flavour.

French Beans with Cream.—Boil French beans whole in plenty of fast boiling water. Remove and drain thoroughly. Put them back in a dry pan with a little cream. Simmer for a moment or two. Just before serving, cook the yolks of one or two eggs with cream, strain and pour over the beans.

Salted Beans for Winter Use.—Prepare a quantity of French beans as above (p. 125). Put them into fast boiling water for five minutes only. Drain them and spread them on clean cloths to dry. When they are absolutely cold put alternate layers of beans and coarse salt in a wooden tub, or earthenware jar. Finish with a layer of salt. Cover the receptacle with a piece of wood which fits it exactly, weighting it down so that the beans are pressed into the brine, which will form in the course of a few days. These beans must be soaked in fresh water for twelve hours (it is a good thing to change the water once or twice) before they are cooked and should be boiled in water, without salt.

Dried Beans, etc.—Dried beans—also peas and lentils—could be so much more attractive than they generally are if more care were given to their preparation. They are excellent with mutton.

Wash the vegetables carefully, then cover them with water and leave them to soak all night. Strain off the water, and put them in a pan with cold water, salt and a pinch of bi-carbonate of soda. Cover closely and bring very slowly to the boil. Take the lid off the pot, add an onion stuck with a clove, a little parsley, celery and thyme. Simmer till tender. From the moment of first boiling, peas and beans will take about one and a quarter hours ; lentils two hours.

To make a purée of dried vegetables, soak them as directed above. Put them into as little water as possible, add a carrot, a slice of onion and a little celery. Simmer for at least two hours, stirring occasionally. By the end of this time practically all the water should have been absorbed. Put them through a sieve while hot, then back into the pan. Season well, adding butter in very small pieces and a little milk or cream. Beat the mixture well before serving very hot.

Beans à la Bretonne.—Chop an onion very fine, fry it golden brown in good butter, and add it to the cooked and well-seasoned beans.

Haricot Beans au Gratin.—Cook the beans till they are very tender with a few fresh vegetables and a clove. Remove the clove and put them through a sieve. Mix the purée with a little white sauce and a tablespoon of grated cheese. Sprinkle with cheese and fine breadcrumbs and a few tiny pieces of butter. Brown in the oven.

Haricot Beans à la Bourguignonne.—To a pint of beans add two or three slices of thinly-cut lean bacon, a little parsley and an onion. Put all into cold water, bring very slowly to the boil, then simmer for an hour and a half. Remove the bacon, parsley and onion and all but a very little liquid. Add a small wineglassful of red wine and simmer for half an hour. Season and serve very hot. (*M. Alfred Suzanne.*)

Boiled Beetroot.—Wash the beetroots. Be very careful not to scrape or tear their skins. Cook them for about an hour, or longer, according to their size. Remove the skin and slice them. Serve well sprinkled with finely-chopped parsley, a little butter, pepper and salt ; or with a thin, but good white sauce.

Sautéd Beetroot.—Turn over a number of slices of cooked beetroot in a little very hot butter to which a spoonful of finely-chopped onion has been added. Do not let them brown. Sprinkle with parsley.

Beetroot Tops.—Beetroot tops, boiled, thoroughly drained, finely chopped, well seasoned, and mixed at the last moment with a little fresh butter, are quite good if other things fail.

For **Cold Beetroot,** *see* p. 150.

Brussels Sprouts.—Cut off the outside leaves of the sprouts, wash them in cold water and blanch them in boiling water for five minutes. Drain and finish cooking them in fresh boiling salted water for about fifteen minutes. Drain thoroughly ; *this is essential.* Chop them finely, adding butter and seasoning and serve piping hot.

Brussels sprouts prepared in this way are surprisingly good served with cutlets or steak. When they are very young they can be cooked whole and turned over in fresh butter after having been most conscientiously drained.

Brussels Sprouts Cooked in Milk.—Prepare and wash the sprouts, blanch for five minutes in boiling water ; remove and drain. Simmer in a little milk till tender (about twenty minutes). Drain and add a little fresh butter and seasoning. Cooked in this way sprouts are both delicate and digestible.

Cabbage.—Cabbage, except perhaps the very earliest spring varieties, rarely arouses enthusiasm, and in a watery slab—the still too prevalent way of serving it—is an outrage and a reproach. It need not be presented in this penitential form.

To boil, cut off the outer leaves of a cabbage, remove the hard core and coarse ribs, wash it well in two changes of water. Throw it, a little at a time, into a big pan of fast-boiling water, to which you have added a tablespoonful of salt. After five minutes pour it into a colander, let cold water run freely through it ; then drain it. Finally boil it again for twenty to thirty minutes, then *drain it until it is free of all water.* Chop it finely or coarsely, according to your taste, put it back in a pan with a little butter cut into small pieces, stir well, season and serve at once very hot. The result is very good.

Cabbage au Gratin.—Boil a cabbage as directed. Chop it finely, adding a little white sauce, seasoning and grated cheese. Put it into a buttered dish, sprinkle with a little cheese and a very small piece of butter. Brown in a quick oven.

Stuffed Cabbage.—Chop a large onion and cook it in fat, but do not let it brown. Mince some left-over cold meat freed from all gristle and fat, add the chopped onion and three tablespoonfuls of rice which has been cooked in stock, or a handful of breadcrumbs, soaked in stock or gravy. Season well,

adding a few cooked herbs, parsley and a little rich brown sauce to bind the mixture.

Take a large cabbage, remove the outer leaves and cut away the stump. Wash well and cook it for seven minutes in a large pan of fast-boiling water. Take it out and drain it. Carefully remove the centre of the cabbage and fill in the cavity with the stuffing. Close the opening with leaves; tie it up securely. Braise it (see p. 22), using enough slightly fat stock to half cover it. Simmer very gently in a fast-closed pot for from one and a quarter to one and a half hours.

Take out the cabbage and set it where it will keep hot. Strain the liquid, remove the grease (p. 31), reduce it by quick boiling and, if liked, add two tablespoonfuls of tomato purée.

The stuffings may be varied in many ways. Game makes one of the best. A thick purée of chestnuts and sausage meat is excellent. Where this is chosen the cabbage should be served with small sausages and whole boiled chestnuts.

A most delicate stuffing consists of finely-chopped chicken or veal, chopped mushrooms which have been *sautéd* in butter, and a small quantity of liver which has been prepared and put through a sieve. This mixture should be spread between the leaves instead of being put *en masse* in the centre of the cabbage. When the stuffing is distributed in this way the cabbage must be tied up in muslin and braised for over two hours. A purée of spinach can be alternated with the meat stuffing.

Stuffed cabbage makes a very good country supper dish. A medium-sized cabbage is sufficient for four persons.

Carrots.—We certainly do not take enough trouble with carrots. They can be made into many delicious dishes and they are good both for the blood and the liver.

Old carrots should be blanched, and after the woody centres have been removed, sliced, then cooked. Young carrots are best cooked whole. The time required depends upon the size and age of the carrot. Half an hour for young; an hour, or even longer, for old. Add a little sugar to the water when cooking them.

Carrots with Béchamel Sauce.—Boil a number of young carrots till tender. Drain them and cut them in short pieces.

Mix thoroughly with a well-seasoned Béchamel sauce to which a little chopped parsley has been added.

Creamed Carrots.—Cook a number of carrots, whole if new, sliced if old, in as little water as possible. When tender, remove them and reduce the liquid in which they were boiled by fast cooking. Just before serving add to it a little cream, seasoning and a pinch of sugar. Pour over the carrots.

Carrot Purée.—A carrot purée made with a little butter and cream and well-seasoned is delicious with a grilled cutlet. Do not forget the pinch of sugar.

Carrots with Stock or Gravy.—Scrape a number of young carrots and put them in a pan with a little butter, good gravy or stock, seasoning and a lump of sugar. Simmer till tender. Take out the carrots and set them where they will keep hot and reduce the stock by quick boiling. Pour it over the carrots, adding a little cream and more seasoning if required. Green peas may be added to this dish.

Carrots à la Vichy.—Cut a number of young sweet carrots into very thin slices. Put them into a pan, barely cover them with water or stock and add a small onion, a good-sized piece of butter, a little salt and a coffeespoonful of sugar. Cover them tightly and simmer them for an hour, by the end of which time the liquid should have been absorbed. Remove the onion before serving.

Cauliflower.—Cauliflower cooked with its coarse and indigestible stump and served with the water which has drained from it, and a cap of hardened half-cooked white sauce is no dish for an epicure. It can be delicious and delicate, but to make it so you must sacrifice all but the small bouquets of which the head is composed. Also, you must choose your cauliflower carefully. The head should be firm and close and the leaves fresh.

When preparing cauliflower for boiling, carefully cut away the flower from the stump, discarding all but the small leaves. Divide the little branches, leaving a short stalk to each. With a very sharp knife pare off the indigestible outer skin of these stalks. Put the cauliflower into cold water to which has been added a little vinegar or lemon juice and salt. Leave it there for at least a quarter of an hour. Rinse in cold water. Bring a

sufficient quantity of salted water to the boil, add the cauliflower and boil it for five minutes. Remove, drain and put in fresh boiling water to finish. Remove and drain thoroughly. (Cauliflower often contains toxines which are carried away in the first water.)

Cauliflower must not be boiled till it is mushy. Have ready a good white sauce, preferably one made with milk and a little veal stock. Mix it lightly with the cauliflower.

A sauce Mornay or Sauce Hollandaise can also be used.

Cauliflower au Gratin. (1) *A French Way.*—Divide a fine cauliflower into small branches, cook them in salted water until they are tender, then drain and dry them. Make a white roux, moisten it with extract of meat or with good beef stock, then slowly add cream or milk until the sauce is of a medium consistency. Season with salt and pepper. Pack the cauliflower in a buttered fireproof dish, sprinkle it with finely-grated gruyère and with freshly ground pepper, and cover it with the sauce, which must first be passed through a sieve. Sprinkle once more with cheese and pepper and brown in the oven.

(2) *Another Way.*—Cook the cauliflower as directed, draining it thoroughly. Butter a fireproof dish and arrange the vegetable in it. Cover with a well-seasoned white sauce to which a large tablespoonful of grated gruyère has been added. Sprinkle with a little more cheese and finest raspings of toasted bread and several tiny pieces of butter. Brown in the oven.

Purée of Cauliflower and Tomato.—To a good purée of cauliflower made with a white sauce add two or three tablespoonfuls of thick, well-seasoned tomato purée (p. 143). Mix well over the fire, adding a little cheese. Sprinkle with bread crumbs. Brown in the oven.

Cauliflower Balls.—Prepare the cauliflower as directed. Squeeze out each branch in a cloth and round it carefully. Cover with Mornay sauce (p. 44). Sprinkle with raspings of bread and grated cheese. Brown quickly in the oven. This is an excellent garnish for steak or cutlets.

Sautéd Cauliflower.—Melt some fresh butter in a pan. When it is hot add cooked cauliflower separated into small

branches. Season and simmer very gently for about ten minutes, by which time it should be slightly coloured.

A handful of raspings of bread (see p. 24) add greatly to the pleasantness of this dish. They must be put into the hot butter, and when well browned the cauliflower should be turned over and over in it.

Soufflé of Cauliflower.—Cook a firm medium-sized cauliflower as directed. Put it through a sieve and add rather less than its weight in white or Béchamel sauce, slightly flavoured with onion. Mix well together, working in a tablespoonful of grated cheese and the yolks of two eggs to a pint of purée. When ready to put in the oven fold in the stiffly-beaten whites (p. 172).

Have ready a buttered soufflé dish, fill it three-quarters full, sprinkle with cheese ; set it in a pan containing hot water, and bake in a moderate oven for twenty to thirty minutes.

Sufficient for four people.

Celery au Gratin.—Cut off the base from each head of celery. Clean the celery carefully, brush it well and discard any bruised or discoloured leaves. Put into cold water to which a little vinegar has been added and leave for quarter of an hour. Boil till tender. Cook *au gratin*—mixed with a good Mornay sauce, sprinkled with grated cheese, fine breadcrumbs and tiny pieces of butter. Brown in the oven.

Celery Cooked with Gravy.—Prepare several heads of celery. Blanch them in boiling water for five minutes (p. 122). Remove and drain them. Put them into a pan, cover with a good, clear brown stock, adding a small onion. Cover closely and cook in a moderate oven for an hour and a half. Remove the onion and reduce the stock ; strain it, and add a little cream and finely-chopped parsley. The cream may be omitted.

Purée of Celery.—Clean the celery and cut in short lengths. Simmer it in a very little stock to which you have added a small onion and a lump of sugar. When it is tender and the stock has been almost entirely absorbed, season and put through a sieve. Return to the fire. Stir continually till it is of the right consistency. At the last moment stir in a few small pieces of butter.

Purée of Celery and Chestnuts.—Take equal quantities of cooked chestnuts and celery and put them through a sieve. Put the mixture into a pan in a *bain-marie* (p. 19). Add butter in very small pieces, a little cream and seasoning. Stir continually. This is excellent with turkey, chicken or venison.

Celery Soufflé.—Half a pint of purée of celery and the same quantity of rich Béchamel made with stock, one heaping tablespoonful of gruyère and two eggs, make an excellent soufflé (p. 172 for soufflé making). Twenty minutes to bake. Sufficient for four persons.

Purée of Chestnuts.—Prepare a number of chestnuts as directed on page 25. Boil, drain and put them through a sieve while hot, moistening them with a very little hot stock. (A rich game or chicken stock is the best.) Put the purée back into a saucepan and, beating steadily, add, a very little at a time, butter cut into tiny pieces and a little cream.

Chestnut Croquettes.—To half a pint of boiled chestnuts which have been put through a sieve, add two tablespoonfuls of cream or Béchamel sauce and one of butter and a few drops of onion juice. Cook gently until the purée is of the right consistency to shape into balls the size of chestnuts. Pour on to a floured board. Shape and dip in breadcrumbs, in egg and in breadcrumbs again. Fry in plenty of fat. Serve with grilled meat, goose or turkey. An egg can be added to the chestnut mixture.

Chicory with Gravy.—Wash several heads of chicory, cutting off the outer leaves, and blanch the heads for ten minutes in boiling water. Drain thoroughly, pressing out all the water.

Melt a little butter in a fireproof dish, set the chicory in it and let it cook in a quick oven until it is coloured light brown. Add well-seasoned chicken, veal or game stock. Cover with a round of buttered paper and the lid of the pan. Cook gently till tender. This will take about an hour. The stock must be concentrated, well flavoured, clear and brown.

The slightly bitter taste of the chicory is exceedingly pleasant with all grills and plainly cooked meats.

Cucumber.—The cucumber, which we so seldom cook, is excellent, especially when it forms part of a garnish of

vegetables for some meat dish. Its slight bitterness is a foil to the gentler flavours of pea, bean, tomato and young carrot. Add a lump of sugar to the water in which cucumbers are cooked. Allow one large plump cucumber for every four persons.

Cucumber à la Poulette.—Peel a couple of cucumbers and divide them into lengths of about two inches. Sprinkle with salt and set aside for an hour. Rinse in cold water and drain very carefully. Put them into boiling water for five minutes. Scoop out the seeds from the centre of each. Cook in boiling water till tender—about twenty minutes. Serve with a thin white sauce to which the yolk of an egg has been added.

Sautéd Cucumber.—Prepare the cucumbers as directed above. Instead of cooking them in water heat butter in a pan and add the cucumber and a pinch of sugar to it. Cook gently until tender, and very lightly browned. Drain and sprinkle with very finely-chopped parsley. Season.

Stuffed Cucumber.—Prepare and cook lengths of cucumber as directed for cucumber *à la Poulette*.

For the Stuffing.—Chop a small onion and brown it lightly in butter. Peel and chop several mushrooms. Add them to the onions, seasoning them well. Then stir in three or four ounces of pounded veal, chicken or ham, a heaped tablespoonful of breadcrumbs soaked in stock and a little finely-chopped parsley. Turn the mixture into a bowl, and when it is nearly cold stir in it the well-beaten yolk of an egg. Fill the sections of cucumber with this stuffing. Heat some good butter in a fireproof dish. Arrange the cucumber in it and pour in sufficient well-seasoned stock to cover it. Heat it over the fire. Then cover the pan with a piece of buttered paper and a tightly-fitting lid. Set in the oven and cook very gently for an hour. Serve with a brown or tomato sauce. A little sauce may be substituted for the egg.

For Uncooked Cucumber *see* p. 151.

Egg-Plant.—Choose violet-coloured egg-plants in preference to others. Cut them lengthwise, slashing the skin in several places. Salt and set for an hour. Then drain thoroughly. This treatment takes away the bitterness of

the plant. A touch of garlic is a great improvement to egg-plants.

Egg-Plant au Gratin.—Peel the egg-plants and cut them into dice. Fry these in butter or oil. Drain them carefully. Butter a fireproof dish. Lay the slices in it, cover them with a white or Mornay sauce, sprinkle with breadcrumbs and brown in the oven.

Egg-Plants and Tomato au Gratin.—Peel the egg-plants and prepare them as directed. Cut them into thin slices. Cook them in butter. Cook also several sliced tomatoes (p. 143). Butter a fire-proof dish and in it place alternate layers of tomato and egg-plant, sprinkling each with cheese, a little butter and seasoning. Finish with cheese and breadcrumbs and tiny dice of butter. Cook in a moderate oven for an hour.

Egg-Plant à la Turque.—Take three small egg-plants and prepare them as directed. Cut them lengthwise in half and scoop out the pulp. Cook a tablespoonful of chopped onion and a touch of garlic in butter, being careful not to let it burn. Add to this three tablespoonfuls of cooked rice, the egg-plant pulp finely chopped, a large tablespoonful of tomato purée (p. 143) and seasoning. Mix thoroughly and turn into a basin to cool. Beat up the yolks of one or two eggs, add them to the mixture and fill the egg-plant skins with it. Sprinkle with bread-crumbs and bake in a moderate oven for three quarters of an hour.

Creamed Endives.—Wash three or four heads of endive, discarding the coarse outer leaves and any discoloured ones. Drain and blanch for ten minutes in boiling water, then lay in cold water for a short time. Drain once more, chop finely, and cook till tender in a little butter. Season. Add a little fresh cream or good white sauce. Mix well together and serve very hot.

Hop Shoots.—Cook a number of young hop shoots in salted water and a little vinegar. Drain carefully. Reheat, adding butter, cream and seasoning. This is said to be excellent with lamb or veal, but I have never tasted it.

Leeks.—Wash the leeks well. Use the white inner part only. Boil in salted water till tender (about twenty minutes).

Serve with melted butter and seasoning. This is better than a white sauce.

Or: Cook the leeks in a little stock, adding a small lump of sugar and a very little butter and seasoning.

Lettuces with Gravy.—Take several fat cos lettuces. Throw away the outer leaves and any that are bruised or discoloured. Wash well and blanch for ten minutes in boiling water. Remove them and rinse them well in cold water. Then squeeze out of them all the moisture possible. Cut them in half lengthwise, season them and fold them in half crosswise.

Heat butter in a pan, lay the lettuces in it and add sufficient well-flavoured stock (*see* p. 30) to half cover them. Put on the lid and cook them very gently for about twenty minutes, basting several times. Take the lettuces out of the pan and put them in a dish on the side of the stove. Reduce the gravy by quick boiling and pour it over them.

The goodness of this dish depends entirely on the excellence of the stock used. It should be strong, brown and clear. Veal stock is the best.

Macédoine of Winter Vegetables.—Nothing is more tasteless than the ordinary *julienne* or *macédoine* of vegetables which comes out of a bottle. Winter vegetables cooked in the following way are exquisite and fresh and cheap. Take three large carrots, scrape and divide them into four lengthwise. Remove all the hard pith and slice them thinly. Treat two medium-sized turnips in the same way. Remove the hard outer skins of a large Spanish onion. Slice it.

Put the vegetables into salted boiling water together with a little chopped celery. Boil for ten minutes, carefully removing any scum that rises. Take them out and drain them thoroughly. Put two ounces of the best fresh butter in a pan. Add the vegetables; season them and add a small lump of sugar. Put a piece of greased paper over the pan and then the lid. Simmer as gently as possible for about an hour, shaking the pan occasionally. Sprinkle the vegetables with finely-chopped parsley.

There must be no suggestion of frying in this way of cooking.

The vegetables must not be coloured. If they are simmered gently enough, the butter will keep its freshness. This is essential to the delicacy of the dish.

Sufficient for three persons.

Mushrooms.—The bottled mushroom is tasteless at its best; the cultivated mushroom is a rich man's luxury; but the mushroom of September is for all, and in those who love it, and especially in those who rise to pick it in the autumn mists, it inspires an almost romantic gastronomical passion. (A passion, remarks a French writer, which too often proves fatal.) There are many ways of cooking mushrooms and most of them are worth a trial.

It is a disputed point whether mushrooms should be washed before being cooked. For those who put cleanliness before flavour, washing is recommended.

Half a pound of mushrooms is sufficient for three people.

Creamed Mushrooms.—Put a number of small peeled mushrooms into a little hot butter. Sprinkle them with freshly-ground black pepper and a few chopped herbs—tarragon, chervil and chives. Cook them over a moderate fire till they are tender. Then add a spoonful or two of thick cream and a spoonful of pure game gravy. Sprinkle a little lemon over the mushrooms and serve, still simmering, in the dish in which they were cooked.

Mushrooms à la Poulette.—Cook the required number of mushrooms in a little fresh butter to which a pinch of flour and seasoning have been added. When they are tender, moisten them with a little good stock and cream, or cream alone. Just before serving thicken the sauce with the yolk of an egg. (The egg is not essential.)

Mushrooms Sous Cloches.—There is no better way of preserving the whole exquisite flavour of mushrooms than by cooking them on small fireproof dishes in the oven, covering each with a glass bell or *cloche*. These can be bought from the big stores.

Prepare rounds of buttered toast and lay the mushrooms on them. Melt good fresh butter, adding cream, seasoning, a few drops of lemon juice and very finely chopped parsley. Pour

the mixture over the mushrooms. Cover with the glass bells and bake in a quick oven for about twenty minutes. Send the dishes to table with their covers on.

Stuffed Mushrooms.—Set aside a number of fairly large and well-shaped mushrooms. Remove their stalks, and, if necessary, wash them. Chop two or three mushrooms very finely. Brown them with a very little onion—also finely chopped—and some fine breadcrumbs in butter. Season well. Chop a little bacon, or ham, and parsley. Add them to the mixture. Drain. Sprinkle the mushroom cups with a little melted butter, pepper and salt. Fill with the mixture. Cook under the grill or in the oven.

A little finely-chopped veal or chicken can be used instead of bacon ; a touch of onion is essential.

Extract of Mushrooms.—Trim off the ends of the stalks and chop up the heads of mushrooms, but not too finely. Fill the bottom of an earthenware pot with a layer of them about two inches deep. Sprinkle well with salt. Repeat the process till the jar is full. Set aside for four hours, then stir and crush with a wooden spoon. Leave for forty-eight hours, stirring and crushing at intervals. At the end of this time cover the pot, place it in a saucepan containing boiling water and leave it, the water always simmering, for two hours. Press through a sieve. Put the purée in a saucepan and bring it to the boil. Take it off the fire and set it aside for twenty-four hours. Strain into bottles, adding to each a tiny pinch of spice and a spoonful of brandy. Cork well. (M. Renaudet. *Secrets de la Bonne Table.*)

Onions.—Every good gourmet loves the onion : there is no perfect cookery without it *in moderation*, for, like sentiment, it tends to emphasise its presence unduly.

Large onions take about one and a half hours to cook.

Purée of Onions.—Remove the outer layers from several large onions and cut into slices, chop them and put them in a pan with a little butter, seasoning, a handful of washed rice and sufficient white stock to cover them.

Close the pot hermetically and simmer till the onions and rice are tender. Drain thoroughly. Then put them while hot through a sieve. Put the purée back into the pan and stir

it over the fire until reduced to the required consistence, adding, at the last moment, a little Béchamel sauce and butter.

If this purée is required for masking cutlets, etc., the yolks of one or two eggs should be added to it just before it is used.

This purée, without the addition of any sauce, is good for a cold if taken, very hot, last thing at night. With many people it induces sleep. (*M. Alfred Suzanne.*)

Stuffed Onions.—Remove the outer layers and blanch (p. 122) several onions in boiling water for quarter of an hour. Drain them thoroughly. Prepare a stuffing of minced veal or other meat. Add breadcrumbs, chopped herbs, chopped onion, seasoning and bind with a little good brown sauce. Drain the onions, cutting out a suitable amount from the centre of each. Fill them with stuffing and braise for two hours (p. 22). Strain and skim the gravy to remove all fat. Reduce by quick boiling, season and serve with the onions.

Or: Cook the stuffed onions till they are tender, then remove them from the pan, sprinkle them with breadcrumbs and grated cheese and brown them in the oven.

Onion Soufflé.—To rather more than half a pint of cooked onions which have been boiled with a carrot and turnip, *drained well* and put through a sieve, add two tablespoonfuls of butter and two of flour. Simmer for ten minutes. Add a little milk to which the yolks of two eggs have been added. Stir over the fire for three minutes, but do not allow the mixture to boil. Remove from the fire, cool slightly and fold in the stiffly-beaten whites (p. 172). Put into a buttered soufflé dish and cook in a moderate oven for about twenty-five minutes.

Small Onions for Stews, etc.—Plunge a number of small onions into boiling water for two or three minutes. Remove them and take off the outer skin and the layer immediately under it. Add to the stew.

If the onions are to be browned, boil them again for seven minutes, then drain. Brown them in butter, adding a little sugar, over a very gentle heat, shaking the pan often to keep any part of them from burning. When finished, their colour should be a uniform light brown.

Onion Juice.—Cut an onion in two and press it against a grater. The juice will run off at once.

Parsley.—*To Chop Parsley.*—Wash the parsley well, cut off the main stalks. Wash again, drain, dry and chop as fine as is humanly possible.

To Fry Parsley.—Wash the parsley and dry it thoroughly. Put into boiling fat for a few seconds, remove and drain it. It should retain its colour and be very crisp.

Parsnips.—Young parsnips are not to be despised. They must be washed, scraped and boiled for three-quarters of an hour and can be served with a white sauce, or, cut into strips, *sautéd* in butter. Thoroughly well mashed and mixed with butter, flour, a little cream or milk, they make a good purée.

Peas.—Green peas should be chosen carefully. They must not be shelled until they are required for cooking. Cook your freshly-shelled peas with a sprig of mint in very little water in an uncovered pan. (Copper is said by the French to preserve their colour.) When they are tender, drain them well, removing the mint. Put the peas back into the pan. Add several small pieces of butter, seasoning and a pinch of sugar to bring out their flavour. Shake together, but do not cook. The freshness of the butter must be preserved.

Allow at least a pint of shelled peas for four persons.

Green Peas à la Française.—Cook the peas slowly in as little water as possible, together with a few button onions *prepared as for a stew* (p. 139), the heart of a lettuce cut in strips, a small sprig of parsley and chervil tied together, a lump of sugar and two ounces of fresh butter. When the peas are tender, remove the herbs, strain off the liquid and reduce it by very quick boiling. At the last moment add a spoonful of cream to the liquid, pour it over the peas, mixing well but quickly. Season and pour into a very hot dish.

Green Pea Croquettes.—Make a purée of peas (p. 141). Divide into small cork-shaped pieces. Dip in egg and bread-crumbs and in egg again. Fry. These make a delicious garnish for a small roast of lamb or for any kind of grilled meat.

Mousse of Green Peas.—Cook a pint of freshly-shelled peas, the younger the better, although mature ones will do,

with a little onion. When tender drain and put through a sieve, having removed the onion. Add half a cup of Béchamel sauce and a small cup of melted aspic jelly or a little melted and strained gelatine (*see* p. 176). Stir in two or three spoonfuls of whipped cream, season and add a very little sugar. Put into a plain mould and set aside in a very cold place until required. This *mousse* must be firm enough to hold well together, but not too stiff.

Serve, turned out of the mould, with cold lamb or duck.

Asparagus, French beans and broad beans can be treated in the same way with the same delicious result.

Purée of Green Peas.—Put the required number of peas (they need not be very young) into a large enamel or copper pot full of fast-boiling, salted water. Shred a number of lettuce leaves and add them, together with a little chopped onion and a sprig of mint. Boil the peas until they are tender, then drain them at once. Remove the mint and put the peas and lettuce through a sieve *while they are still very hot.* Stir the purée with a wooden spoon until it is perfectly smooth.

A few minutes before the purée is required, put it into a wide, shallow pan over a quick fire and stir it rapidly until it is firm and thick. Reduce the heat and add cream, a spoonful at a time until the purée is of the desired thickness. Season with salt and throw in a pinch of powdered sugar.

Salsify au Gratin.—Scrape the salsify, cut each piece in two and, as quickly as possible, throw into cold water to which vinegar has been added (two tablespoonfuls to the quart). Leave for twenty minutes. Cook in boiling water till tender—about thirty minutes. ("Black" salsify must be cooked in its skin for about thirty minutes. It is then scraped or peeled.) Butter a fireproof dish and fill it with alternating layers of salsify, grated cheese and tiny pieces of butter well distributed. Season carefully. Sprinkle the top with breadcrumbs, cheese and butter and brown in the oven.

Salsify can be cooked with a Mornay sauce (p. 44).

Creamed Salsify.—Prepare the salsify as above. Boil it till tender. Drain thoroughly and serve with a white sauce.

Seakale.—Clean and cook in salted boiling water to which a little vinegar has been added for about twenty-five minutes. Serve with a Hollandaise sauce. It is worthy of it.

Sorrel.—Cook three pounds of young, carefully picked over, well-washed sorrel leaves for ten minutes in boiling water. Drain them, and pour cold water through them. Drain once more. Chop finely and cook with a little gravy and butter. Season and serve very hot.

Spinach.—Spinach well prepared makes one of the most delicate and distinguished of vegetable dishes, but unless it is well prepared it is not a thing to offer to your friends. Much attention, butter and cream must go to its making. The French call it "*mort au beurre*," and they hold that butter cannot die more gloriously. It is also called "*le balai de l'estomac*," and its medical value is worth considering. Perfection is so rarely attained in cooking spinach that a hostess might well aim at making it a *specialité de la maison.*

Spinach must never be dry, and it must never be liquid. Its texture must be exquisitely soft and creamy without the least suggestion of grease.

When preparing spinach discard all coarse and bruised leaves, allowing about a pound of spinach for each person. Cut off the stalks and wash in five or six waters. Put it, while it is still wet from washing, into a pan, salted, and cook for about five minutes without adding any more water. Drain it on a sieve, pressing the leaves down to extract the moisture. Spinach can be served as it is with butter, a very little sugar, pepper and salt, or prepared as follows :—

Creamed Purée of Spinach.—Take a pound of cooked spinach and while it is hot chop it very finely, or put it through a sieve. Heat it in a little butter, simmering very gently for a quarter of an hour, then season and put in a pinch of sugar. Gradually stir in a little cream and a few very small pieces of butter. Serve at once.

Spinach with Gravy.—Simmer a pound of cooked and finely chopped spinach with an ounce of fresh butter for three minutes. Then, very gradually, add good gravy from a braised or baked joint, stirring continually with a wooden spoon for

another ten minutes. Season, and just before serving add a few tiny pieces of butter.

Soufflé of Spinach.—Make a purée of spinach, half vegetable, half Béchamel sauce. Season it well, and stir in the yolks of two eggs (to half a pint of purée). Fold in the stiffly beaten whites of two eggs and bake in a buttered dish in a moderate oven for about twelve minutes. A tablespoonful of grated gruyère can be added.

Spinach Pancakes.—Very good pancakes can be made by mixing finely-chopped spinach with an equal quantity of rather rich batter. Cook as you would any ordinary pancake, having seasoned the mixture well.

Sweet Corn Fritters.—Drain the liquid from a tin of American sweet corn. Chop it finely. Add to it four tablespoonfuls of thick white sauce, two well-beaten eggs and seasoning. Drop by spoonfuls into boiling fat. Fry a golden brown, remove and drain thoroughly. Serve with chicken or veal.

American corn heated up with a little butter makes a good vegetable to serve with roast chicken. Succotash, a mixture of beans and corn, is a pleasant and delicate dish.

Tomatoes.—The indigestible skins of tomatoes should always be removed. If they are plunged into boiling water for a moment the skins will peel off easily. The seeds of the tomato should also be discarded. Press them out gently.

A little sugar added during cooking softens the peculiar acidity of tomatoes and brings out their flavour, but it must be added with discretion.

Purée of Tomatoes.—Pick out fine, ripe, but firm tomatoes. Cut them in half and gently squeeze out the seeds. Simmer for half an hour in a very little water, adding a tablespoonful of chopped onion, some herbs and a lump of sugar. Put through a sieve. Reheat. Add a little butter and seasoning, then simmer until you have a thick purée, stirring constantly with a wooden spoon. A little spice may be added.

Stuffed Tomatoes.—Choose firm but ripe tomatoes. If they are large cut them in half; if of medium size, cut the top off only. Remove the greater part of the pulp from each,

setting it aside for use in some other dish. Season each tomato.

Tomatoes may be stuffed with various mixtures. The best *farce* is made with braised veal, but chicken or game are also good. Whatever meat is used must be carefully trimmed of all fat and skin and finely chopped. Chop a small onion and brown it in butter or oil, add a few chopped mushrooms, and when they are cooked the pulp (without any seeds) of one tomato.

Soak breadcrumbs (of the same weight as the meat used) in good stock. When the vegetable mixture is well reduced by cooking, add meat, bread, a little chopped parsley and butter to it. Season well. The meat may be omitted.

Place the prepared tomatoes on a well-oiled or buttered dish, having filled them with the stuffing. Sprinkle them with breadcrumbs and a few tiny pieces of butter. Brown in a quick oven.

Tomatoes can also be filled with mixtures made in the following ways :—

(1) Reduce all the pulp to a thick purée ; season, adding a little sugar and a pinch of nutmeg. Add fine breadcrumbs. Fill the tomatoes with the mixture, then sprinkle them with fine raspings, a little grated cheese and tiny pieces of butter. Brown in a quick oven. A touch of garlic greatly improves the flavour.

(2) Make a thick purée of tomato and egg-plant pulp. Add the yolk of an egg or two. Fill the tomatoes. Sprinkle with breadcrumbs and butter and bake in a moderate oven. Cheese can be used or a little grated horse-radish.

Tomato Creams.—Scoop out six very firm tomatoes of equal size, being careful not to break the skins. Put the pulp into a saucepan with a teaspoonful of butter, pepper, salt, a few shreddings of onion, a teaspoonful of sugar and a clove. When thoroughly cooked, remove the clove and pass through a sieve. Return to the fire and add sufficient gelatine to ensure its setting lightly. (On no account must it be too firm.) Pour into a bowl and, while cooking, beat into it two tablespoonfuls of slightly whipped cream. Place on ice, or in a very cool place. When required heap up the cream into the empty tomato-skins,

sprinkle with finely-chopped tarragon and serve on lettuce leaves. These are very good.

Turnips.—This vegetable, which can be so delicious, gets, as a rule very summary treatment. With mutton few dishes are better than a purée of turnips. To make it, cook peeled and washed turnips until they are tender, blanching them if they are old (see p. 122). Mash them until not a lump remains, drain them on a sieve, pressing them down well. Heat with a little butter and a spoonful or two of stock. Season rather highly. The yellow swede makes an excellent purée.

Creamed Turnips.—Boil several turnips. When tender drain them thoroughly and cut them into cubes. Prepare a good white sauce, add the turnips to it, season and stir over a gentle heat for a few moments.

Glazed Turnips for Garnishing and Stews.—Cut a number of washed young turnips into small rounds, or dice. Blanch them for five minutes in salted boiling water. Drain them well. Heat some butter in a wide pan. Add the turnips, spreading them out flat, sprinkle with sugar and seasoning. When the turnips have coloured, add a little very good brown stock and simmer till tender, basting often. When the turnips are cooked the stock should be absorbed.

Vegetable Marrow.—There is not much to be said about this vegetable except that it should be drained as dry as possible and served very hot with a little good fresh butter, pepper and salt. This is better than white sauce.

Vine Shoots.—These are said to be very delicate washed, boiled, chopped and served with butter.

Watercress Purée.—Thoroughly wash the watercress, throwing away the coarser leaves and main stalks. Put into salted boiling water and cook for a few minutes. Remove and put through a sieve. Set aside for an hour. Drain. Mix thoroughly with a little good white sauce.

The receipts by M. Alfred Suzanne are taken from his *300 Manières d'Accommoder les Légumes* (Albin Michel).

CHAPTER XI

SALADS AND SALAD DRESSINGS

CHOOSE your salad yourself unless you can delegate the task to a salad-lover. Never leave it to a greengrocer. It must be fresh ; it must be well-grown. If the lettuces, etc., are not required at once, set their roots in cold water and keep in a dark, cool place, or sprinkle the leaves with water and pack in an air-tight tin.

No salad is worth making unless the finest oil and the best wine vinegar are used. Good brands of wine or tarragon vinegar can be bought at many places ; but the best olive oil cannot be picked up haphazard ; it must be hunted for.

When you are ready to make your salad, discard the coarse outer leaves and any that are discoloured or bruised. Never economise by saving any that are not perfect. A salad should not only taste fresh, cool and delicate—it should look exquisite. Wash the leaves as quickly as possible, and dry them at once by swinging them in a wire salad-basket. Never squeeze them between cloths. If there is time, set them on ice until the moment they are required. Tender treatment must be given to all green salads, for the young leaves bruise easily, and bruised they lose their crispness and beauty, absorb moisture and become sodden. A sodden salad is a vile thing. Always break the leaves with the fingers. Never cut them with a knife.

Use a large bowl—the larger the better, for it makes the work of mixing easier. Mix a very little salt [1] in a tablespoonful of white wine vinegar and pour it over the salad, turning the leaves gently as you do so. Then add three tablespoonfuls of the finest salad oil, turning, always very gently, until each leaf is dressed. Add freshly ground pepper, turn the leaves over again and *eat at once*. The dressing of a salad should never be left to the kitchen ; it is essentially an amateur's job, to be carried out, if possible, at table.

For those who like more seasoning a little dry mustard can be added ; for those who like a suggestion of sweetness, a coffeespoonful of powdered sugar. Two or three drops (*no more*) of Worcester sauce give very good flavour to a green salad. I can warmly recommend this addition.

If you like the flavour of onion (as you should) rub the bowl with it. Or a crust of bread, rubbed with either onion or garlic, can be inserted in the salad while dressing it.

To the more delicate green salads, such as lettuce, nothing should be added except finely-chopped herbs (chervil and tarragon). Tomato is both too heavy and too moist to mix with lettuce. So is beetroot.

Small round lettuces with firm, well-grown hearts can be served cut in half lengthwise. In this case the dressing must be lightly mixed in a cup and poured over them.

Eggs which are to be used in salads should be boiled for 15 minutes.

When potatoes are used they must be new or of a Dutch variety.

With the smooth firm leaves of batavia lettuce,

[1] If salad has been washed in well-salted water, practically no salt is required in the dressing.

the addition of the yolk of an egg which has been put through a sieve is pleasant.

Cheese straws are very good served with green salads.

So are cheese balls (*see* p. 204).

1. Salad Dressings

A bottled dressing is an insult to a guest. It is a proof of laziness.

Cream Dressing.—Season some cream, add lemon juice and whip lightly.

Tomato Dressing.—Beat well together four tablespoonfuls of oil, one of tarragon vinegar, and one of tomato catsup, a few drops of onion, salt and pepper.

Mayonnaise.—Put the yolks of one or two lightly-beaten eggs into a small round basin with a little salt and pepper. Add olive oil from a small bottle, drop by drop, beating the mixture continuously, and always in one direction, until it is very thick and clacks under the movement of the spoon. From this point on oil may be added a spoonful at a time until a sufficient quantity of mayonnaise has been made, when a little wine vinegar or lemon juice is slowly added. (Wine vinegar gives more flavour.) The quality of the mayonnaise depends upon the fineness of the oil used, the slowness of the process and the continuous beating in one direction. It may be made with a silver fork, a wooden spoon, or a small whisk. It is not necessary for the oil to be very cold. It should, like claret, be of the temperature of a living-room. Should the oil have congealed it must be stood in warm water to restore its clarity.

A very thin mayonnaise is pleasant with many salads, such as celery, or chicory and beetroot.

M. Bouillard, in his excellent book *La Gourmandise à Bon Marché*, recommends adding a dessertspoonful of vinegar to the yolks before the oil is dropped in, and the addition of one and a half tablespoonfuls of boiling water to the finished sauce to prevent it from turning.

A gifted amateur cook has given me her method of making mayonnaise, which she finds easier than the usual way.

Break one or two yolks on a big flat dish. Add a little coarse kitchen salt to them. Pour in the oil, drop by drop, beating the mixture well until it is very thick, and then add it more quickly.

Asparagus Mayonnaise.—Two spoonfuls of purée of asparagus added to a mayonnaise gives it an unforgettably exquisite flavour.

Cream Mayonnaise.—To half a cup of mayonnaise add the same quantity of lightly beaten cream. Colour green with spinach juice if required.

Horseradish Mayonnaise.—Add finely grated horseradish and a little sugar to a mayonnaise. This is an excellent dressing for a fish salad.

Mayonnaise with Purée of Peas.—A thin purée of peas which has been put through a fine sieve can be added to a mayonnaise. The mixture is particularly good with a vegetable or potato salad.

Tomato Mayonnaise.—To a cup of mayonnaise add two tablespoonfuls of tomato purée (p. 143) and half a coffeespoonful of Worcester sauce. (Two teaspoonfuls of tomato catsup can be substituted for the purée, but it will not be so delicate.)

Prosper Montagné's Vinegar.—Chop two shallots, add to them a little garlic, a bay-leaf, a sprig of thyme and peppercorns. Pour boiling vinegar over them. Infuse for an hour. Strain through muslin and bottle.

Shallot Vinegar.—Cut three shallots in half, add them to a pint of white wine vinegar. At the end of four days strain off the vinegar and bottle it.

Tarragon Vinegar.—Pour a quart of good white wine vinegar over a handful of washed tarragon. Set aside for ten days, strain and bottle. There is no better vinegar. It is invaluable when fresh herbs cannot be bought.

Salads

Artichoke and Foie Gras.—Cook a number of globe artichokes, using the bottoms (*fonds*) only. When cold place

on each a slice of *foie gras* and mask with mayonnaise. Serve with cold turkey or as a savoury.

Beetroot.—To prepare the beetroot cut a cooked beetroot into small cubes. Put it in an earthenware pot with a little shredded onion. Cover with wine or tarragon vinegar and leave for twenty-four hours before using. Pour off any excess of vinegar and add seasoning and oil. Very little salt, if any, is required with beetroot.

Boil two eggs for fifteen minutes. Prepare several small crisp lettuce leaves. Sprinkle them with finely chopped egg and seasoning. Cover with beetroot. Repeat the layers in the same order till you have three of each. Cover with a horseradish mayonnaise, p. 149.

Beetroot and Chicory.—Beetroot and chicory, a bitter-sweet alliance which is very pleasing, make an excellent winter salad. Cut a beetroot into small pieces, put in a bowl, and cover with a French dressing made of the best oil and tarragon vinegar (three to one), a small saltspoonful of mustard, a little sugar and salt to taste. Leave for an hour. Before serving add the best parts of several heads of chicory which have been sliced, left for an hour in cold water, and thoroughly dried. Sprinkle with pepper from a pepper-mill.

Chicory is also very good by itself, served with a French dressing to which a little mustard has been added.

Beetroot and Horseradish.—Chop a cooked beetroot. Put it in a small earthenware bowl, mixing with it a handful of grated horseradish. Cover with boiling tarragon vinegar and set aside for at least twelve hours. (*Mme Olga.*)

Cabbage.—Take the heart of a firm white cabbage, shred it finely and put it into very cold water for two hours before mixing. Drain it and add crushed dried walnuts and a sliced orange from which all the skin has been removed. Serve with a cream or tomato mayonnaise. Add, if you like, a little grated horseradish.

Cauliflower.—Cook the white part of a cauliflower, taking care that it does not become too soft. Let it cool and arrange it on a dish and mask it with tomato mayonnaise, or

serve with a French dressing. Sprinkle with finely chopped parsley.

Celeriac.—Cut celeriac into the thinnest strips. Leave it for an hour in cold water to which lemon juice has been added. Drain, and dress with mayonnaise mixed with a little cream.

Celery.—Sliced celery by itself makes a good salad with a mayonnaise dressing. The celery should be carefully washed and put into a basin of cold water containing two tablespoonfuls of vinegar, left for an hour, then sliced. A little grated cheese can be added to the mayonnaise.

Chicken.—Take chopped chicken and celery, or cooked seakale. Add to them two hard-boiled eggs coarsely chopped. Mix with mayonnaise and serve on lettuce leaves. A few cooked and sliced mushrooms will greatly improve this salad. The mushrooms must be thoroughly drained.

Chicken Mayonnaise.—Mince cold chicken rather coarsely. Add to it cold sliced potatoes, artichoke-bottoms and chopped hard-boiled eggs. Mix with a mayonnaise dressing and serve on lettuce leaves.

Cucumber.—Peel a cucumber and cut it into very thin slices. Put it on to a dish and sprinkle it with salt. Tip the dish up on one side and leave it for an hour, at the end of which time a little liquid will have been drawn out. Drain this off, rinse the cucumber and serve with a French dressing and a little finely chopped parsley or tarragon.

Dandelion.—The tender young inner leaves of the weed make an excellent salad with a French dressing.

Fish.—For lunch, or even for dinner, during the summer months, especially when the preparation of several hot dishes is a matter for anxiety, fish salads are very pleasing. Cook the fish in a *court-bouillon* and allow it to cool in the liquid. Before serving drain and dress with a French dressing, or with mayonnaise. Serve with lettuce. Salmon, turbot and brill are excellent treated in this way.

Herring.—Cut two sour apples into small pieces. Add to them sliced new potatoes and a little finely chopped onion. Put them in a dish and over them place slices of smoked

herring. Dress with a French salad dressing and sprinkle with finely chopped, slightly salted, hard-boiled eggs.

Herrings' Roes.—Simmer the roes in a little white wine to which a few drops of lemon and seasoning have been added. Remove the roes. Strain the liquid, add a little oil, chopped herbs and mustard, and pour over the roes. Serve on lettuce leaves. Mayonnaise can be used.

Fruit.—(1) Take equal quantities of skinned and stoned white grapes, chopped pineapple, apple, celery and a tablespoonful of finely chopped Brazil nuts or of walnuts and serve with a thin cream mayonnaise or cream dressing and very delicate lettuce leaves.

(2) Prepare and chop tinned or fresh grape-fruit and sliced celery finely, using equal quantities of each. Serve in cups made of grape-fruit skins with a thin cream mayonnaise dressing.

(3) Take thin slices of apple, chopped pineapple, sliced banana and chopped walnuts. Mix with a mayonnaise thinned with cream. Serve with batavia or lettuce leaves.

Japanese Artichoke.—Clean and boil a number of Japanese artichokes (p. 123). Cut several firm tomatoes in half, scoop them out and drain them. Season with pepper and salt and a few drops of vinegar. Fill with the artichokes well mixed with mayonnaise. Sprinkle with the yolk of a hard-boiled egg which has been put through a coarse sieve. A little chopped chicken or game is a very good addition to this pleasant salad.

"Lamb's."—If this salad can be bought absolutely fresh it is very good, and it is the cheapest of winter salads. Lamb's salad requires almost as much washing as spinach. Discard all the outer leaves, wash well in several waters and drain thoroughly in a basket. Use a French dressing.

Leek.—Cooked leeks, carefully drained, sliced and served with mayonnaise make a pleasant salad with cold mutton.

Onions also are good as a salad. They must be thoroughly drained.

Mixed Vegetable.—Delicious salads can be made of sliced new potatoes, peas, beans, carrots, etc., dressed with a French dressing, but they must be *cold*, not lukewarm.

(1) Slice cooked new potatoes, young carrots, turnips and French beans, adding a handful of peas. Sprinkle the vegetables with salt. Make a highly seasoned mayonnaise and stiffen it with a little gelatine. Mix well with the vegetables and set aside on ice or in a very cold place. A little thin purée of peas can be added with good effect to the mayonnaise. Before serving put the yolk of a hard-boiled egg through a coarse sieve and sprinkle it, together with a little finely chopped parsley, over the salad.

Careful seasoning is very important or this salad will be insipid.

(2) Cook sufficient tomatoes to make a pint of sauce with a clove, a small bouquet, an onion, a lump of sugar and seasoning. Put through a sieve and back into a pan. Add half an ounce of gelatine, stir till dissolved, strain into a mould with a hollow centre. Put aside in a very cold place to set. Before serving fill the centre with a vegetable salad, or with the crispest and best leaves of a round or cos lettuce. Dress with mayonnaise half cream, half oil, or use horseradish or green pea mayonnaise.

The vegetable salad is made of a mixture of all that is in season : carrots, turnips, peas, green beans, potatoes, cauliflower, asparagus tips, seakale ; cooked, drained, cut up and arranged with eye to effect. Add a little onion.

(3) Take celeriac, new potatoes, apples and French beans. Cut them finely and mix them with a very little highly seasoned mayonnaise. Over it all, when you have formed a rounded heap of the mixture, pour a mayonnaise seasoned with a thick purée of tomato (or with a tomato catsup) or of peas. A little grated horseradish can be added to the mayonnaise.

Partridge Salad à la Renaudet.—This is an exquisite salad for those who have partridges in such plenty that they can afford it.

Roast freshly killed partridges. Cut them up while still hot, put them in a salad bowl, season them and pour over them vinegar, oil and a tablespoonful of rum. Set aside in a very cold place.

When required add the strained gravy from the birds, two chopped hard-boiled eggs and more seasoning.

No taste of the rum will remain as such, but a flavour will have been given to the fresh partridges which will make it difficult to distinguish them from birds which have been well hung.[1]

Potato.—Unless new potatoes or the firm Dutch variety can be used, no potato salad is worth making. Steam the potatoes in their skins, peel them, and, having cut them in slices, put them in a salad bowl. While they are hot moisten them with two or three tablespoonfuls of good clear stock or cold water. Add a little finely chopped onion and dress with a French dressing, using a mild vinegar. Set aside for an hour, draining off any excess of dressing. Sprinkle with finely chopped parsley, chervil and tarragon. Season well. Or use a mayonnaise dressing, adding a little grated horseradish or a thin purée of peas.

Fillets of smoked herring which have been marinaded in good oil and cut into small pieces may be added to this salad. Chopped cooked French beans are good with it.

Seakale.—This is one of the best vegetable salads. It should be made of the late varieties grown out of doors and served with a French dressing or thin mayonnaise. The seakale must be plain boiled and well drained.

Tomato.—Choose firm but ripe tomatoes. Plunge them into boiling water for a moment and peel them. Cut them in half and gently squeeze out the seeds and any excess of juice. When cool, cut in slices, add a few shreds of onion and set on ice. Serve with a French dressing.

The tomatoes may be sprinkled with grated horseradish.

Tomato and French Bean.—Prepare the tomatoes as directed above. Add to them an equal quantity of sliced cooked French beans. Dress with a French dressing.

Tomatoes with Sweet Corn.—Scald and peel large firm tomatoes. Set them aside to cool, then remove the seeds and a little of the pulp from the centre of each. Season. Prepare some sweet corn (p. 143), mix it with a cream mayonnaise and fill the tomatoes with it. Serve very cold with lettuce leaves.

[1] From M. Renaudet's *Secrets de la Bonne Table* (Albin Michel).

CHAPTER XII

EGGS AND EGG DISHES

Omelettes

HERE I give the omelette pride of place—if only because when all other resources fail the mistress of the house can herself fill the breach—in three minutes. The hungriest and most unexpected guest need not be kept waiting longer.

Two iron omelette pans should be kept in use : one small and one of medium size. If you want to be known for your omelettes they must never be taken for any other purpose and must not be washed—merely wiped directly after use with a clean rag or cloth. If the pan which should be sacred to the omelette has been used for any other purpose it should be well cleaned with a little coarse salt and a greased paper. The least roughness will spoil the surface of the omelette.

The pan chosen should be large enough so that when the eggs are poured in they will form a thin layer, *for a good omelette must be cooked very quickly* or it will be hard. Two to three minutes should suffice.

Put sufficient butter in the pan to cover it very thinly when melted. Let it colour a very light brown. (Too much butter will spoil your omelette.)

Beat the eggs, whites and yolks together, sufficient to mix them—but no more. To three eggs add one dessertspoonful of water and seasoning. Three eggs make an omelette large enough for two people.

Pour the beaten eggs into the hot butter. Leave them for a moment, then stir them well with a fork, drawing the edges back inwards as the eggs begin to set, so that the uncooked portion in the centre can flow over to the sides of the pan. Reduce the heat and let the omelette colour gently underneath. When the omelette is done, fold it and slide it off on a hot plate.

A gas ring gives the best form of heat for omelette making. Start cooking over a strong flame.

One or two lessons in omelette making are worth pages of printed instructions. Even with the best of instruction, however, it may be accepted that the best omelette makers are born—not made.

Beaten Omelette.—Beat the yolks and whites separately. Season the yolks, adding a tablespoonful of milk or cream to every three eggs. Fold in the whites very lightly. Heat butter in a pan as directed above. Pour in the mixture, and as soon as a light crust has been formed underneath, finish the omelette quickly in the oven.

Various Forms of Omelette Made Either With or Without Beating

Asparagus.—Cook a few pieces of asparagus in salted butter. Cut them into very short lengths. Stir them into the eggs.

Cheese.—Add a heaping tablespoonful of grated parmesan or a number of slices of gruyère cut paper-fine, a dessertspoonful of very fine breadcrumbs and chopped parsley to an omelette made with three eggs. Season rather highly.

Fines Herbes.—(1) Chop parsley and other herbs—chervil and tarragon and shallot—very finely and mix them with the eggs, or use parsley only.

(2) Chop a shallot very fine and cook it with a few sliced mushrooms and a little parsley in butter. Drain and mix with the eggs. Serve with a mushroom sauce or with a clear good gravy.

Ham.—Mix a little finely chopped ham with the eggs. Or pound some ham, put it through a sieve, mix it with a white sauce made with milk and chicken or veal stock and spread this on the omelette before folding. Serve with tomato sauce.

Kidney.—Chop finely one or two sheeps' kidneys. Cook them in butter, season them and add a sprinkling of finely chopped parsley and a very little chopped onion. Add a little flour, a dessertspoonful of boiled madeira and the same of stock. Simmer for a few minutes. Pour this sauce over the omelette before you fold it. (*M. Alfred Suzanne.*)

Landaise.—Cut a number of sippets of bread about half an inch wide and an inch long. Fry them in butter. Heat butter in a pan, lay the fried bread in it, pour the eggs to which you have added a little finely chopped ham, over it.

Mushroom.—Spread a small cupful of sauté mushrooms on the omelette before folding it and serve with a thin mushroom sauce (p. 44).

Onion.—Slice an onion very thin ; fry it in butter till it is a golden brown. Drain and add to the omelette mixture. This is very good. It can be served with a highly seasoned tomato sauce.

Reform.—Chop very finely a little ham, tongue, truffle (or mushroom) and gherkin. Stir into the omelette mixture. Serve with sauce Robert (p. 45). Or mix the ham, etc., with a well-seasoned brown sauce and spread on the omelette before folding it.

Rice.—Take two tablespoonfuls of cooked rice. Put it in a pan with a little hot butter and a teaspoonful of finely chopped onion. When tender season well and either mix with the eggs or spread on the cooked omelette before folding. Serve with tomato sauce.

Various Cooked Eggs

Boiled Eggs.—An egg put into a pan with cold water will be perfectly cooked by the time the water comes to the boiling point.

A French way of boiling an egg is to put it into boiling water, then to remove the saucepan from the fire, leaving the egg in it

for five minutes. It will be cooked at the end of this time—too lightly, perhaps, for English taste.

Soft Boiled Eggs.—For savouries, etc. (*Œufs Mollets*). Put the required number of unshelled eggs into a strainer and plunge in boiling water. Keep them there for four minutes, then put them into cold water (this will make it easier to remove the shells). Put back into hot water until they are required.

Buttered Eggs.—Buttered eggs cannot be excelled if they are well cooked—which they rarely are—*and served the moment they are ready.* They can no more afford to wait than an omelette. Let the guest wait and let the plates be piping hot.

The following method of preparing the eggs is recommended :—

Put them through a strainer, but do not beat them. Melt a little butter in a small saucepan and heat it over a gentle flame. Add the eggs and seasoning, and, as soon as they show signs of setting, stir in cream, if you like the addition (one tablespoon to four eggs), and a little more butter cut into very small pieces. *Remove from the fire* and finish by stirring away from any heat. They must not be allowed to harden. These eggs can be varied by the addition of grated cheese, chopped tarragon and chervil, chopped cooked kidney, ham or chickens' livers, a spoonful of tomato or mushroom purée, or, best of all, asparagus tips. Chopped artichoke bottoms fried in butter are a very good addition. A little very concentrated chicken broth or veal gravy used instead of milk or cream will add greatly to their flavour. Thin fillets of anchovy are good with them.

Here is another way of serving them :—

Soak two or three slices of good ham in madeira for half an hour. Cut them in thin strips. Cook them in butter with a very little chopped onion and a few mushrooms. Season. Make a border of the mixture and fill with buttered eggs.

Buttered eggs are best served without toast ; where it is used it can be spread with Gentleman's Relish or any savoury paste. But toast under eggs is always sodden.

These eggs are delicious served with a border of savoury rice.

Eggs en Cocotte.—The most digestible—and the most varied—way of preparing eggs is in small fireproof dishes

(*cocottes*), which are specially made for the purpose. Pour into them a little butter, cream or very good clear gravy or meat juice. (Veal is the best.) Heat this *over* the fire; then having slid a perfectly fresh egg into each, finish by standing them in a *bain-marie* in the oven. They will take five or six minutes to cook. The whites only should be salted.

A great variety of ways of serving eggs *en cocotte* can be devised by lining the little pans with any kind of meat, chicken or game purée or *foie gras*, and covering them with a white or *soubise* sauce, or a purée of vegetables.

Eggs on a Dish (*Œufs sur le Plat*).—Heat clarified butter in a fireproof dish and let it cook until it is a delicate brown. Slip in the required number of very fresh eggs; sprinkle salt on the whites. Stand the dish in boiling water and cook gently till set. The eggs may also be cooked in cream, a good veal stock or a delicate tomato purée.

Fried Eggs.—Break the required number of eggs on a dish. Slide them very gently, one by one, into a pan containing boiling oil or lard. Shape the whites with a wooden spatula, pushing them back over the yolks. Remove with a skimmer, sprinkle with finely-chopped ham, or serve with bacon or grilled ham, or covered with a thick well-seasoned tomato sauce.

Poached Eggs.—Poach the required number of eggs in salted boiling water to which the juice of a lemon or a little vinegar has been added. Take them out with a skimmer, pour cold water very gently over them and trim quickly. These eggs are very good if served on croutons of bread (p. 25), which have been spread with anchovy butter (p. 25) or Gentleman's Relish. They can be reheated by putting them into very hot water.

A more complicated form of poached egg is made as follows:—Poach the eggs very lightly. Fry in butter as many small squares of bread as you have eggs. Have ready a good Mornay sauce, passing it through a sieve so that it may be perfectly smooth. Line a fireproof dish with the sauce, place in it the pieces of fried bread with the eggs on them, cover with sauce, sprinkle with fine breadcrumbs and grated cheese and brown in the oven. The fried bread can be spread with a fish, meat or

game paste, and a Béchamel sauce may be used and the grated cheese omitted.

Egg Dishes

Eggs with Anchovy Sauce.—Boil several eggs for five minutes, put them into cold water for a few minutes, then shell them carefully. Reheat them in salted hot water when required. Make a number of croustades, hollowing them in the centre (p. 25). Mix a tablespoonful of anchovy butter (p. 25) with a good white sauce, spread the croustades with it and lay the eggs on top. Cover with sauce and brown slightly in the oven. (*M. Alfred Suzanne.*)

Eggs à la Belle Aurore.—Prepare a number of neatly cut slices of bread. Fry them in butter. Season them and spread them with a little *foie gras*. Place a poached egg on each and serve with a Béchamel sauce (p. 43) to which a little tomato purée has been added.

Eggs with Chickens' Livers.—Make a rich Béchamel, cooking it with vegetables, including mushroom stalks, which have been *sautéd* in butter. Add a little good meat extract to it.

Hardboil several eggs. Cut them lengthwise in half. With the yolks, a pounded chicken's liver and cream make a purée. Fill the whites with this mixture. Place in a dish, cover with the sauce and brown in the oven. These are most delicious.

These eggs can also be prepared with a chicken cream instead of a liver purée.

Eggs à la Creole.—Prepare some savoury rice (p. 164). Line a wide flat dish with it. Cook the required number of soft-boiled eggs (*Œufs Mollets*); arrange them on the rice and cover with a Béchamel sauce, to which a little curry powder has been added.

Florentine Eggs.—Line a number of *cocottes* with a creamy, well-seasoned layer of purée of spinach (p. 142). Put a soft-boiled egg in the centre and cover with a good white or brown sauce. Sprinkle with grated cheese and brown under the grill.

Eggs au Gratin.—Hard boil several eggs. Shell them and cut them in half lengthwise, being very careful not to break

the whites. Chop a small onion very finely, brown it in butter, adding chopped mushrooms and the chopped yolks of the eggs. Season. Make a Béchamel sauce flavoured with vegetables which have been browned in butter. Bind the mixture with a little of it and fill the whites. Arrange them on a dish. Add a very little good meat extract to the sauce and cover the eggs with it. Sprinkle with very fine breadcrumbs and grated cheese. Brown in the oven.

Chickens' liver can be used for the stuffing.

Eggs à la Mornay.—Take several soft-boiled eggs. Line a dish with a rich sauce Mornay. Place the eggs upon it. Cover with sauce and brown in the oven.

Eggs with Onion Sauce.—Bake a number of large potatoes. Cut them in two lengthwise. Scoop out the potato, fill with a well-seasoned purée of onions (*Soubise*, p. 161). Place a poached egg on each half.

Eggs Parmentier.—Line a dish with a purée of potatoes (p. 117). Prepare the eggs (*Œufs Mollets*, p. 158); place them on the purée. Cover them with a little cream; sprinkle with grated cheese and brown in a quick oven.

Eggs with Shrimps.—Prepare the eggs as directed (soft boiled, p. 158). Put them in a dish, and cover with a Béchamel or Mornay sauce to which shrimps—or shredded fish—have been added. Sprinkle with cheese and brown quickly in the oven.

Eggs in Pastry.—Fill a number of patty-pans with rounds of short pastry slightly flavoured with cheese. When they are baked spread the bottom of each with a purée of mushrooms. Upon the purée place shelled boiled eggs (four minutes). Cover with *sauce Mornay* and brown very quickly under the grill.

Well-seasoned sweet corn can be used instead of the mushroom purée.

Cold Eggs

Canapés with Eggs.—Take thin rounds of freshly-made toast. Spread them with mustard butter (p. 25). Place on each half a hard-boiled egg, and lay on it a fillet of anchovy. Cover with a little mayonnaise.

Cold Eggs Stuffed with Lobster.—Cut several hard-boiled eggs across lengthwise. Take out the yolks. Cut up some lobster into very small pieces. Mix it with a little tarragon, the pounded yolks, and a highly-seasoned mayonnaise. Fill the whites with the mixture. Sprinkle with the coral and garnish with very thin strips of anchovy and a little chopped olive. Tunny-fish or salmon pounded with a little butter may be added to the yolks instead of lobster.

Eggs with Foie Gras.—Cut hard-boiled eggs in two lengthwise. Scoop out the yolks carefully so that the whites remain intact. Pound the yolks and mix a little *foie gras* and seasoning with them. Set each on a small round of ham and cover with aspic or chicken jelly. Serve very cold.

Jellied Eggs.—Soft-boil a number of eggs as directed (p. 158). Set each on a small slice of ham or tongue, cover with aspic or chicken jelly to which a few leaves of tarragon have been added. Serve very cold.

Eggs à la Verdi.—Take the required number of hard-boiled eggs. Divide them lengthwise in half, carefully removing the yolks and passing them through a sieve. To them add a heaping tablespoonful—or more according to the number of eggs—of a purée of spinach and watercress and a touch of tarragon. Heap the mixture into the hollowed whites and mask with a very firm mayonnaise stiffened, if necessary, with a little gelatine. Serve very cold on crisp lettuce leaves.

The receipts by M. Alfred Suzanne are taken from his book, *250 Manières d'Accommoder les Œufs* (Albin Michel).

CHAPTER XIII

RICE AND MACARONI

"IN Java," says M. Paul Bouillard, "a young girl is not considered ready for marriage until she knows how to cook rice to perfection."

Few of us, I fear, even among our cooks, are qualified for marriage with Javanese gentlemen ; for with us a dish of rice, each grain separate and perfectly cooked, is as rare as a good omelette. Here is a receipt for the plain-boiled rice which is the foundation of so many dishes :

Wash a cupful of well-picked Patna, Carolina or Piedmont rice which has been standing in cold water for several hours. Drain it. Fill a large pan with water, adding a teaspoonful of salt. Bring it to the boil and sprinkle the rice into it slowly. Boil the rice, as hard as you can, for from twenty to twenty-five minutes. Do not stir it unless it is absolutely necessary and then only with a fork. Different kinds of rice take different times to cook—so it should be tested by taking out a few grains and pressing them between the fingers. They should be soft but not mushy.

When the rice is cooked, drain it thoroughly and let it stand on the sieve just inside the oven—with the door open—to dry. Each grain should be separate.

Use Patna rice for curry dishes and Carolina rice for puddings. Piedmont rice is very good for risottos and ragouts, etc. Half a pound of rice is sufficient for six persons.

Savoury Rice for Ragouts, Minces, Creamed Fish, etc.—Chop an onion and brown it lightly in butter. Add three ounces of rice and stir it gently with a fork for a few minutes, but do not let it brown. Add some stock, a very small bouquet and a few pieces of celery tied together. Cook in the oven. If the stock is absorbed before the rice is cooked, add a little more. (It must be boiling.) When the rice is cooked, take out the bouquet and celery, add chopped mushrooms which have been cooked in butter and a little chopped ham or chickens' livers. Mix lightly with a fork. Season. Fill the outer part of a well-buttered double mould with the rice. Press it down, cover it with buttered paper and put it in a moderate oven for ten minutes. Turn it out carefully and fill the centre with mince, creamed fish, or any kind of ragout or salmis. A little grated gruyère may be added to the rice, and this is particularly good if it is to be served with fish. Curry powder can be used also—in moderation. Buttered eggs are excellent served in this way.

A simpler form of savoury rice to serve with roast meat can be made by omitting mushrooms and ham. In this case it should be cooked in stock until tender and then drained.

Rice with Butter.—Cook the rice in water as directed.

Clarify a good sized piece of butter and brown it slightly in a wide pan. Add the rice and season it. Cook it gently for a few minutes, shaking the pan often. The rice must not brown. This is excellent with game. Drain well.

For rice with cheese, *see* Cheese Dishes, pp. 203–216.

Risottos.—Risottos can be varied so greatly that no definite receipt can be given. It is essential that the rice should be well cooked in stock. The cheese used should be *freshly* grated Parmesan. Piedmont rice is the best. A rich risotto is made by browning chopped onion in butter and turning the rice over on it before adding the stock.

(1) Add to rice which has been cooked in brown stock a few tablespoonfuls of well-seasoned tomato purée (p. 143) and a large tablespoonful of very finely chopped ham. Cook together very gently for a few minutes and serve with grated Parmesan.

(2) Cook the rice in veal stock and add minced chickens' livers which have been cooked in butter.

(3) Add chopped *sautéed* mushrooms to the rice and serve with grated Parmesan.

Numbers (2) and (3) can be combined.

A very little saffron can be added and a little marrow, also butter in small pieces just before serving.

Macaroni and Spaghetti.—Macaroni, or indeed any other "paste" should, if possible, be bought from a foreign dealer who makes it himself. Mrs. Waterfield[1] tells of her Italian servant's perplexities when dealing with grocer's macaroni in England. That the devil had put his hoof into it was her final solution. Four ounces of macaroni should be sufficient for four people.

If the pastes are fresh they should cook in less than twenty minutes. If they are not—you must wait and see.

Macaroni is cooked in plenty of boiling salted water. It should yield to the pressure of the finger when cooked, but it must never be mushy. Drain it thoroughly before serving it. Take a fork to turn it over and do this very gently.

Here is Mrs. Waterfield's way of making a sauce for it.

Brown a little chopped carrot and onion and celery. Put a small piece of knuckle of veal with its bone in a pan. Cover with water. Add the vegetables and simmer for an hour, skimming well. Strain off the stock. Add tomato purée to it, and thicken slightly. The veal can be eaten separately.

Another way is to serve it with butter and cheese. Clarify butter and reheat it. Turn the freshly cooked macaroni or spaghetti over in it with a fork. Season it. Serve very hot with grated Parmesan. Spaghetti cooked in this way is excellent with veal.

Or: Turn over the freshly cooked paste in a little well-flavoured and strong veal stock.

Or: Turn it over in a little tomato purée, adding chopped ham or tongue and chopped *sautéed* mushrooms. The purée may be diluted with a good brown sauce. Always serve with freshly-grated Parmesan.

[1] In her delightful *Home Life in Italy* (Methuen).

Macaroni au Gratin.—(1) When the macaroni is cooked, drain it well and arrange it in layers in a buttered fireproof dish, sprinkling between each mixed grated Parmesan and gruyère, a little pepper and tiny pieces of butter. Over all sprinkle fine breadcrumbs, cheese and a little melted clarified butter. Brown in the oven.

(2) Fill a buttered dish with cooked macaroni. Pour over it a rich Mornay sauce—plenty of it, for the dish should be moist and unctuous. A little finely-chopped ham may be added to the sauce.

(3) Alternate layers of macaroni or spaghetti with coarsely chopped chicken and ham, or veal and ham, which have been simmered for a few minutes in good stock. Pour over them a tomato or white sauce. Sprinkle with grated cheese and small pieces of butter and brown in the oven.

Spaghetti à la Betty.—Cook the required amount of spaghetti in plenty of fast-boiling salted water. Drain it well.

Brown a little onion in butter. Add to it several peeled tomatoes from which the seeds have been pressed out, seasoning and a lump of sugar. Stir well together and simmer for ten minutes.

Cut up a couple of slices of mild lean bacon into very thin strips and fry them. Pour the sauce over the spaghetti and at the last moment add the bacon. Serve at once.

This is a very pleasant lunch dish.

CHAPTER XIV

SWEETS, PASTRY AND UNCOOKED FRUIT DISHES

THERE is always a great demand for receipts for new sweets. Yet in a sense it is the sweet course that is the undoing of the average cook. So much attention is given to it that should be spent on more important things.

Tarts can be delicious and there are characteristic national sweets which could not be bettered—at their best. Unfortunately the best is rare. An apple charlotte can be exquisite, but how seldom it is. So can a simple bread and butter pudding served either hot or icy cold with cream.

I have omitted pancakes from my receipts. The ordinary cook knows how to make the ordinary pancake. The exquisite *crêpes Suzette* and other delicate pancakes of this kind must be finished by an expert at the very moment of serving. No one who has tasted these little marvels at M. Marcel Boulestin's restaurant can hope to give his guests anything as delicate.

Anyone who can make a savoury omelette can make a sweet one. But in an omelette the flavour of egg remains undisguised, and though rum can, to a certain extent, overpower it, jam seems to me to go ill with it. In a *soufflé* the egg is modified and blends with any flavour you choose to put with it.

Hot Sweets

Baked Apples (*Pommes Bonne Femme*).—Make as many rounds of bread as you have apples. Core large sour apples,

stand them on the bread and fill the centre of each with butter and sugar. Put in a pan in the oven to bake. Add a little more butter and sugar during the cooking. When the apples are ready fill them with currant jelly and pour the butter in the pan over them.

Baked apples stuffed with dates are excellent. They are good also—but a little stodgy—stuffed with currants and raisins.

Fried Apples.—Cut a number of sour apples into quarters and then again into very thin slices. Heat some butter in a pan. Add the apples and cook them very slowly. Sprinkle them well with brown sugar.

These apples are delicious served with cream.

Apple Charlotte.—The receipt for this sweet is in every cookery book ; yet I only know one house where it can be eaten in perfection.

Good sour apples are essential—so is slow baking.

A variety of the ordinary receipt is made by adding a little chopped banana or pineapple to the apples.

A spiced form is delicious. Sprinkle spices between the apples and bake *very* slowly.

Meringued Apricots.—Cut a number of apricots in half and cook them in syrup. Put each half on a macaroon, the hollow side upwards, and fill with chopped candied fruit. Cover with a meringue mixture and put in a slow oven till delicately browned. Serve with apricot sauce.

Bananes Flambées.—Choose six perfectly sound but ripe bananas : cut them in half, lengthwise. Sprinkle them thickly with sugar and lightly with lemon juice and set them aside for a while. Beat an egg until it is frothy, and into it dip each piece of banana before rolling it in flour. Put two or three ounces of *clarified* butter in a large, clean frying-pan, and when it is very hot place the bananas carefully in it, and turn them, also most carefully, at the end of three minutes or so. When they are cooked (in about six minutes) arrange them on a very hot dish. Pour over them a wineglassful of heated rum and set it alight just before serving. (From *Le Cordon Bleu.*)

Bread and Rum Pudding.—Melt four ounces of butter and beat it till very light with six ounces of breadcrumbs and the

yolks of four eggs. Add 4 ounces well-washed currants, a little candied peel chopped fine and a small glassful of rum. Beat the whites to a stiff froth and, having poured the mixture into a bowl, stir them into it. Add a little salt. Pour into a buttered dish and steam for three hours. A little more rum can be poured over the pudding.

Sufficient for six persons.

Chestnut Croquettes.—Take thirty chestnuts. About half a pint of boiled milk. A vanilla bean, two ounces sugar, two and a half ounces butter, one whole egg, three yolks, eight marrons glacés, and egg and breadcrumbs.

Slash the shells of the thirty chestnuts in several places, put them into cold water and bring it to the boil. After two minutes remove the chestnuts, shell and skin them. Cook the chestnuts until tender in the milk with a little salt and a vanilla bean. (This should take about forty minutes—simmering very gently.) Put the mixture, a little at a time, while very hot, through a sieve. Then return to the pan and simmer gently until you have a very thick paste. Take from the fire, add two ounces of butter in small pieces, three well-beaten yolks and a whole egg and two ounces of sugar. Mix well. Pour on to a large dish making a layer about one inch thick. Cover with buttered paper to prevent a crust forming.

When the purée is cold place it on a floured board. Work it a little, then divide it into small pieces. On the centre of each place half a marron glacé and wrap the purée round it so as to form small balls.

Take another egg, beat it slightly and add to it a small spoonful of oil. Roll the balls in this and then in the finest breadcrumbs.

Arrange the chestnut balls in a frying basket and put them into plenty of smoking hot fat, being careful that they do not touch. Fry a golden brown, take out, drain, sugar, and serve very hot. (From Dumas' *Dictionnaire de Cuisine*.)

For five persons.

Little Citron Puddings.—Mix half a pint of cream with a tablespoonful of sifted flour and two ounces of sugar and a little grated lemon peel, until quite smooth. Add yolks of three eggs. Beat very well together. Butter five small cups

or earthenware pots and line them with very thin slices of citron. Pour in the mixture, but do not quite fill the cups. Bake in a fairly quick oven. Serve the moment they are ready.

Sufficient for five persons.

Fruit Fritters.—With quarter of a pound of flour, a little salt, a tablespoonful of olive oil, the yolk of an egg, warm water, a tablespoonful of rum or brandy, make a very smooth paste. It must be thick enough to coat the fruit. Set it aside for three hours, then fold in the stiffly beaten white of one egg and use at once.

Make your fritters small. Use sour apples, pineapple, bananas or cooked and drained prunes. Sprinkle them with sherry or lemon juice, sugar, and a little grated lemon peel an hour before they are required.

Do not use too much batter. The coating should never be thick or uneven. Fry in plenty of very hot fat until the fritters are well coloured and crisp. Drain off all fat. Greasy fritters are disgusting.

Pêches Flambées.—It is reasonable to prefer one's peach *au naturel*, and a fine peach needs no trimming. But the *pêche flambée* is very surely in the nature of a minor adventure. Take the required number of peaches, which must be in perfect condition, peel them and cook them whole, simmering very gently in a syrup flavoured with vanilla. Remove the fruit from the syrup and roll it in powdered sugar. Place in little dishes of fireproof china. At the last moment pour over each peach a tablespoonful of slightly warmed rum or brandy. Set the dishes before your guests and light them on the table. A tiny box of matches might form part of the table outfit of each person.

Pineapple and Rice Mould.—Cook a quarter of a pound of rice with a pint of milk in a double boiler till it is tender and all the milk absorbed.

Chop half a pound of pineapple very finely and let it simmer for several minutes in its sweetened juice.

Beat three whole eggs together. Pour the rice into a basin, and when it has cooled add the eggs diluted with a very little milk and strained, and the pineapple. Mix well and pour into a buttered mould. Bake very gently for about half an hour.

Cook half a tin of apricots in a little syrup. Sweeten them and put them through a sieve. Add a tablespoonful of Kirsch, heat and pour over the pudding.

Sufficient for six persons.

Prune Meringue.—Take half a pound of very good thin-skinned prunes. Cook them in well-sweetened white wine and water until very tender. Take them out of the syrup, drain and put them through a sieve. Add a little lemon juice.

Beat the whites of three eggs till very stiff and cut them into the purée when it is cold. Pour the mixture into a buttered dish and bake for twenty minutes in a slow oven.

Make a sauce of the juice, adding a little grated orange-peel and lemon juice.

Strawberry Shortcake.—This is an excellent American dish, unlike any other sweet I know.

One pint sifted flour, one and a half heaping teaspoonfuls of baking powder, half a teaspoonful of salt, one teaspoonful of butter and one of lard, milk, one quart of strawberries.

Sift the baking powder and salt with the flour, rub in the butter and lard. Add milk, mixing lightly, until a dough which is a little too soft to roll is made. Grease a round, flat tin, turn in the mixture and bake in a hot oven for about thirty minutes. Take the cake out of the tin and break it across in two with the aid of a fork, forming two equal portions (do not cut it). Pick out a little of the crumb from the centre and butter each side well. (The whole operation must be done deftly and swiftly.) The strawberries should be prepared in advance, crushing them thoroughly with a silver fork, adding sugar, and allowing them to stand for at least half an hour. Heap them on the lower side of the "shortcake" and cover them with the upper piece. Pour what remains of strawberries and juice over the top and serve at once. There should be no economy of fruit, and the cake should be served before the crispness of the top crust can be impaired by the juice.

Sufficient for six persons.

Zabaglone.—Mix in the following proportions: Lightly beat the yolks of two eggs. Add half an egg-shellful of sugar, stirring well together, then an egg-shellful of marsala. Set

in a pan in a *bain-marie* and beat with a whisk until the mixture thickens. Serve at once.

This delicious sweet should not be taken after rich dishes. It should come at the end of a frugal meal.

Hot Sweet Soufflés

A *soufflé* is one of the smaller miracles of cookery, and although the plain cook regards it as unreasonable if the miraculous be expected of her, its preparation is simple and its success determined by rules quite easy to master. Like royalty, it must never be kept waiting, and its journey from oven to table must be swift and steady (if the distance is long, it should be covered by a heated tin).

Preparation of the Soufflé

The success of a *soufflé* depends chiefly on the preparation of the whites of eggs used. For some obscure reason they are best beaten in a copper pan; thus they are finer and closer in texture, greater in volume. *A pinch of salt should be added*, and they must not contain the most infinitesimal spot of yolk. Beat gently at first, gradually increasing speed and force until the whole mass is snowy and so dry that it can be lifted whole upon the whisk.

When adding the beaten whites to the rest of the *soufflé* mixture, for which receipts are given on the following pages, proceed as follows: Add a quarter of the whites to the mixture already prepared and poured into a large earthenware bowl, stirring well together with a wooden spoon. Heap the remainder of the whites on top and, with a big silver spoon, break through them down to the bottom of the bowl. Gently draw out the spoon, bringing with it as much of the mixture as it will hold. Throw this lightly over the whites. Repeat the manœuvre, drawing the

spoon outwards from the centre. Heap the whole lightly and quickly into a well-buttered *soufflé* dish, the depth of which may be, for safety, increased by bands of buttered paper. Smooth the surface with a knife, making several slight incisions in the mass, and place the dish for two minutes only *over* the fire to warm the bottom of it. Set it at once in a moderate oven, being careful to arrange that the greater heat comes from below, otherwise a hard crust will quickly form on top which will prevent the heat from penetrating into the heart of the *soufflé*. Allow about twenty-five minutes for a *soufflé* baked in a deep dish, and eighteen to twenty for one in a shallow dish. The temperature of the oven should be 300°.

A *soufflé* should not be baked until it is bone dry; the best are always a little creamy (not liquid) in the centre, but to ensure this requires practice—or luck. Most *soufflés* are better for an accompanying sauce.

Use cornflour or potato flour. Always put a little salt in the *soufflé* mixture. Sprinkle sugar over it. (From directions given in the *Pot au Feu* magazine.)

To Butter Moulds for Soufflés

Clarify the butter first, then pour into the mould and turn it until bottom and sides have been well covered.

Chocolate Soufflé.—Add three ounces of chocolate which has been melted very slowly over gentle heat to the vanilla *soufflé* mixture (p. 175). The chocolate must be of the best—such as Lindt's. A little praline powder adds a very pleasant flavour.

Chocolate and Coffee Soufflé.—Put two ounces of the best whole roasted coffee into half a pint of boiling milk. Add a pinch of salt. Cover closely and set aside for an hour. Strain through muslin. Melt two ounces of butter in an enamel pan, then two ounces of potato flour. Mix till smooth. Pour in the coffee-flavoured milk with which is smoothly mixed two

tablespoonfuls of powdered or melted chocolate and a little vanilla. Sugar to taste also. Beat up five yolks of eggs until frothy. Add them. Heat. When the mixture begins to thicken strain it into a basin and when it is cool stir in the stiffly beaten whites. Bake in a buttered *soufflé* dish standing in a pan of very hot water for about half an hour.

Sufficient for six persons.

Coffee Soufflé.—Proceed as for vanilla *soufflé* (p. 175), having infused two ounces of coffee in the milk. (See preceding receipt.)

Fruit Soufflés.—*Soufflés* may be made of various fruits, tinned or fresh apple, apricot, quince, strawberry, pineapple, damson. Strawberry *soufflé* is particularly delicious.

Rub the fruit, without any juice, through a sieve. (Apples, quince and damson must, of course, be cooked.) Heat and sweeten it and add a very little butter. Cool. To a half-pint of pulp add the well-beaten whites of four eggs. Bake for about twenty minutes in a mould stood in a pan of water. Serve with hot and sweetened fruit juice. Red currant jelly heated is excellent with strawberry or apple *soufflé*.

Sufficient for six persons.

Orange Soufflé.—Cook an ounce of flour in half a pint of milk, adding the finely-grated rind of an orange, two ounces of sugar, and the yolks of two eggs. Strain. Add the juice of one large orange and the stiffly beaten whites of three eggs. Serve with a sauce of orange juice flavoured with curaçoa.

Sufficient for four persons.

Praline Soufflé.—Make as directed for vanilla *soufflé* (p. 175), using two ounces of praline powder (p. 27). Serve with a caramel sauce.

Prune Soufflé.—Beat the yolks of four eggs with three tablespoonfuls of powdered sugar and half a pound of prunes which have been cooked in wine, drained and put through a sieve. Add a little orange or lemon juice, a wineglassful of prune juice, and a few finely-chopped almonds. Add the whites of the eggs and bake for twenty minutes in a shallow dish.

Sufficient for six persons.

Rice Soufflé.—Cook three tablespoonfuls of rice for twenty

minutes in a large pan of salted water. Drain it and cook it again in a double boiler a with pint of milk and a vanilla bean for about ten minutes. Beat the yolks of four eggs till very light. Add to them three tablespoonfuls of white sugar and a tablespoonful of melted butter. Stir this mixture into the rice and continue cooking in the double boiler for five minutes but do not allow it to boil. Remove and turn out into a basin. Beat the whites until very stiff. Cut them into the mixture when cool. Pour into a buttered *soufflé* dish, stand it in hot water and bake in a moderate oven for half an hour. This *soufflé* should not be hard all through. The great art is in keeping the centre of the *soufflé* creamy. A little vanilla may be added, or a small glass of rum. It is good served with a caramel sauce. A little caramel can be added to the mixture (p. 26).

Sufficient for six persons.

Rum Soufflé.—Beat the yolks of three eggs with three tablespoonfuls of sugar for ten minutes. Add two tablespoonfuls of potato flour. Beat till perfectly smooth. Add a tablespoonful of rum and half a pint of milk and half a pint of cream. Beat the whites of four eggs to a stiff froth, cut them in. Pour into a buttered *soufflé* dish and bake.

Or bake in a circle of *baba* bound together with buttered paper.

This *soufflé* can be made with curaçoa. Serve with a sauce of orange juice, grated peel, and a little curaçoa.

Vanilla Soufflé.—Put a vanilla bean in half a pint of boiling milk and let it infuse *closely covered* for an hour. Thicken the milk with a tablespoonful of flour. Add a tablespoonful of butter, a pinch of salt and two ounces of sugar. Add the yolks of four eggs diluted in a very little milk and strained. Stir well and do not let the mixture boil. When you have a thick custard take it off the fire, let it cool, and add the whites as directed.

Sufficient for four or five persons.

Cold Sweets

It is difficult to give the exact quantity of gelatine which should be used for stiffening creams, etc. They

must not be too stiff. One ounce of gelatine is used to stiffen rather less than a quart of liquid, and so forth. More is necessary in summer than in winter.

Gelatine must first be soaked in cold water for an hour. If it is put immediately into hot water it will taste unpleasingly.

Oil of almonds should be used for brushing over moulds to contain creams.

Cherry Mousse.—Take half a pint of stoned, cooked and sweetened morella cherries and cut them into small pieces. Dissolve half an ounce of gelatine in a very little water, strain it on to the cherries to which you have already added half a pint of juice. As the mixture begins to set, stir in the stiffly beaten whites of two eggs. Whip well together. Garnish with cream.

This sweet can be made with tinned cherries, but this misses the flavour of the fresh fruit. Other fruits can be used.

Chestnut Bavarois.—Boil, skin and pass through a sieve some thirty chestnuts (p. 25). Add sugar to taste and a little vanilla. Whip a small cupful of cream with the white of an egg until very stiff. Add it to the chestnut purée. Mix well.

Run melted caramel (p. 26) round the sides and bottom of a china mould. Pour in the purée. Set on ice or in a very cold place until required. Turn out before serving.

The bavarois can be made without the caramel and be served with a chocolate sauce.

Chestnut Cream.—Boil and skin about twenty chestnuts. Put them through a sieve. Boil the thinly-peeled rind of half an orange, quarter of a pound of sugar and half a pint of milk together. Take off the fire and strain in half an ounce of gelatine (see above). Stir till well mixed. Strain. When cool add the chestnut purée and half a pint of whipped cream. Line a mould with sections of carefully pared and sweetened oranges. Pour in the mixture. Set on ice. Serve with sweetened whipped cream.

Sufficient for six persons.

Chestnut Purée.—Make a purée of chestnuts by boiling and skinning them and putting them through a sieve. Add a little vanilla flavoured cream. Whisk well together. Put into a dish. Cover with cream ; sprinkle with praline powder (p. 27) or coarsely grated chocolate.

Chocolate Marquise.—Melt half a pound of de Bry's or Lindt's chocolate with as little water as possible, by standing it in the oven.

Beat four yolks of eggs lightly, strain them and add sugar to taste, beating together till the mixture froths. Add the chocolate and beat well again. Warm quarter of a pound of the best butter and add it slowly, beating all the time. Whisk the whites of the eggs till they are quite stiff. Add them with a little vanilla. Brush a mould all over with fine olive oil and put the mixture into it. Set aside for twenty-four hours ; then turn out. This is a most delicious sweet—but very rich.

French Chocolate Cream.—Melt six bars of the best chocolate. Beat the yolks of six eggs. Add the chocolate. Whip the whites up stiffly, stir them in. Add vanilla and sugar if desired. Stand in a cold place for twenty-four hours before using.

Cream Whip.—Whip half a pint of cream that has been standing on ice and add a wineglassful of good sherry, the very thinly-grated rind of half a lemon and its juice, sugar to taste, and the stiffly beaten whites of two eggs. Put into small glasses.

Crème Brulée (Corpus Christi College Receipt).—Boil a pint of cream with an ounce of sugar, a stick of cinnamon, and a small piece of lemon rind. Add the yolks of eight eggs and beat briskly over the fire, on no account allowing the mixture to boil. Pour into a fireproof dish and bake in a slow oven, as though it were an ordinary custard. When quite cold cover with a thick coating of castor sugar. Brown to a good caramel under a salamander or grill. Set aside to cool again. Decorate with whipped cream and serve. (For safety it is advisable to stand the dish when baking in a *bain-marie*.)

Baked Custard.—Custard powders are the abomination of abominations. If good eggs cannot be spared for custards, go without, and use cream.

The secret of making a good baked custard lies in cooking it very slowly. If it is put in a moderate oven and the door is left slightly ajar, there will be very little risk of its losing its firm pleasant consistency. A baked custard can be flavoured with a little caramel and vanilla.

Little Custards in Pots (*Petits Pots de Crème*).—Beat four eggs with two ounces of sugar until light and frothy. Add a pint of boiled milk. Flavour with vanilla, melted chocolate (the best obtainable), or a little very strong coffee. Pour into small pots, stand them in a *bain-marie* and bake them very slowly in the oven till they are firm.

These custards are pleasant made with milk, but they are much better made with cream. They are to be eaten in most good restaurants in France ; in London, so far as I know, the *chef* at the Carlton alone has the secret of perfection.

French Baked Custard with Caramel.—Prepare a lined copper mould by melting in it two ounces of lump sugar with a very little water. When it has burnt a rich brown, tilt the mould in every direction until it has all been covered with the caramel. Continue the movement till the sugar begins to set. The caramel may be made in a saucepan and poured into the mould.

Mix four whole eggs with a pint of hot milk and a very little salt. Sweeten to taste and add vanilla. Strain through a fine sieve into the caramelled mould and cover it closely. Set it on a trivet in a large saucepan containing boiling water. Cover this, too. Let the water simmer for thirty to forty minutes. Take out the mould and *set it in a cool place for twenty-four hours*. Turn out on to a dish and serve very cold.

Use a little of the caramel as a sauce.

Fruit Whips.—A very refreshing fruit whip can be made with a pint of fruit juice. Strain the juice and sweeten it. Dissolve three-quarters of an ounce of gelatine in a wineglassful of water and strain it on to the fruit juice. When it begins to set beat it with a fork or whisk until it is nearly white. Stand on ice and serve with cream or with sweetened fruit juice.

Claret or White Wine Jelly.—Put one bottle of claret or white wine, the juice of a lemon and the rind of half a lemon

rubbed off on lump sugar, half a pound of lump sugar, a large tablespoonful of red currant jelly, and a wineglassful of brandy into an enamelled pan. Bring to the boil, then add rather over an ounce of gelatine, which has been dissolved in a little wine. Clarify with the white and shell of one egg.[1] Pour through two layers of muslin into a double mould. Fill the centre with whipped cream and serve very cold.

With white wine jelly, omit the red currant flavouring.

Strawberry Jelly.—To three quarters of a pint of stiff wine jelly add half a pound strawberries, which have been passed through a hair sieve, and the juice of half a lemon. Set on ice and beat continuously until the mixture begins to set. Serve very cold with crushed and sweetened strawberries.

Jellied Macédoine of Fruits.—Take all sorts of fruit, cut them in pieces. Make a rich syrup, adding gelatine (p. 176) and a little liqueur or champagne. Pour it over the fruit, stirring occasionally till it begins to set. Put on ice for two hours.

Lemon Soufflé.—Soak about a quarter of an ounce of gelatine for an hour in water. Beat the yolks of four eggs and seven ounces of powdered sugar for ten minutes. Add the juice of two lemons and the grated rind of one and a half. Whip the whites to a stiff froth and stir them lightly in. Take the gelatine out of the cold water and dissolve it in a very little hot water. When a little cooled, strain it into the mixture, beating steadily all the time. Beat well for five minutes. Put into a shallow dish and when it has set cover with sweetened cream flavoured with vanilla. Garnish with grated pistachios.

This is an excellent sweet.

Madeira Mousse.—Make a pint of rich custard, adding sufficient gelatine to allow it to set well (p. 176). Pour it into a bowl, and when it begins to set, stir in a wineglassful of madeira and half a pint of cream.

Have ready a number of chopped candied fruits and crushed macaroons soaked in a little madeira. Stir them into

[1] To clarify jelly add to one quart of it the white of one egg, slightly beaten, and the washed and crushed shell. Bring the jelly to the boil, simmer a few minutes, then strain through a jelly bag, or two layers of muslin, without pressing it. A linen cloth can also be used for this purpose.

the mixture. Put into a mould, cover tightly and set in ice for an hour.

Sufficient for six persons.

Stewed Pears.—Few things are so difficult to find as the right stewing pear. Some may be cooked for hours and remain hard—others cook magically soon. Small eating pears of common varieties are safest when there is any doubt about the cookers. *The soft varieties can be cooked in syrup—the hard ones should never be sweetened until they begin to soften.*

Pare and halve a number of pears. Put them in a copper or enamel-lined saucepan and cover them with water to which you have added a wineglassful of good red or white wine, two or three cloves and a little lemon juice. Sweeten. Simmer very gently until they are tender, then remove the pears and boil the juice quickly so as to reduce it. Pour it over the fruit and set them aside. They will be all the better if they are left for twenty-four hours before they are eaten.

Pears in the Oven.—Peel, and cut in quarters a number of pears. Put them in an earthenware pot with sugar, a few cloves and a little grated lemon peel. Cover closely and set in the oven where they will cook very slowly for five or six hours. There is no better way of cooking a pear. It should be transparent and of lovely colour when it is finished.

Pears à l'Impératrice.—Cook sufficient rice in milk until it has absorbed it all and is very tender. Add to it, when cold, a rich vanilla-flavoured custard and sufficient gelatine to make it set (*see* p. 175), but not too firmly, a small cupful of candied fruit cut into little pieces, and a generous quantity of whipped cream. Arrange the rice in a bowl, and round it stand pears which have been previously cooked in a wine-flavoured syrup. Pour over all a little melted red currant jelly, set on ice, and serve very cold.

Pineapple Meringue.—Choose the kind of meringue which breaks at a touch, not the kind which requires a hammer. Line a dish, or the prettier individual glass cups or glasses, with broken pieces of meringue. Add to this a thick layer of pineapple, cut into small pieces and well sweetened. (Cape pineapples are cheap and good and much better than any tinned

variety.) Cover with whipped and sweetened cream and sprinkle with grated pistachio nuts or praline powder.

Pineapple Soufflé.—Beat the yolks of three eggs till they are very light, then add the grated rind of a quarter of a lemon, the juice of a whole one, and sugar. Cook in a *bain-marie* till the mixture thickens. Melt about half an ounce of gelatine with a very little water. Strain it into the mixture, stirring well. Add a teacupful of very finely-chopped pineapple with a quarter of a pint of its juice. When it begins to set, stir in a quarter of a pint of thick cream and the stiffly beaten whites of three eggs. Set on ice.

Prunes, Stewed.—Simmer prunes which have been well soaked in a little water to which a wineglassful of white or red wine, a few pieces of lemon rind and a little lemon juice have been added. Cook very slowly and set aside for some hours before serving. All the prunes should be plump and tender—a good quality thin-skinned fruit must be bought.

Prune Whip.—Simmer half a pound of thin-skinned prunes (which have been soaked over night) in water, or water and wine, with a little grated lemon peel and juice. Sweeten them and when they are tender, put the fruit through a sieve.

Whip a tumbler of cream and stir it into the prune purée. Taste it to see if it is sweet enough. Stir in the stiffly beaten whites of two eggs. Set on ice.

It may be necessary to add a little gelatine, but it should only be enough to make the whip pleasantly firm. This mousse is very delicious.

Sufficient for six persons.

Rice Pudding à la Française (*Gateau de Riz*).—Prepare a copper mould as for French Baked Custard (p. 178).

Wash three ounces of Carolina rice, then leave it for two hours in cold water in a pan. At the end of this time add a vanilla bean and bring it slowly to the boil. Put the rice on to a sieve and pour cold water through it.

Boil a pint and a half of milk. Add the rice and let it simmer for about half an hour, adding sugar to taste and a little salt.

Beat the whites of three eggs to a stiff froth. Beat the yolks with a little sugar. Mix all lightly and stir into the rice. Pour

the mixture into the mould. Stand it in a tin containing about an inch of boiling water. Cover with a buttered paper and bake in a moderate oven for about an hour. Turn out and serve hot or cold, but cold is better, with a rich custard.

Sufficient for six persons.

Rice à l'Impératrice.—Cook four ounces of Carolina rice in boiling water for five minutes. Remove it from the fire and drain off the water. Finish cooking the rice in half a pint of milk to which a vanilla bean, a little sugar and a pinch of salt are added.

Beat together the yolks of three eggs and half a pint of milk. Strain. Add four ounces of sugar and make a custard, adding a quarter of an ounce of gelatine which has been soaked in a little cold water. To this add the rice which should have absorbed all the milk, first removing the vanilla bean. Set aside to cool, and when it begins to set add to it a cupful of whipped cream and four ounces of chopped crystallised fruit. Fill a mould with the mixture and set on ice. Turn out.

This is one of the most delicious of cold sweets, a dish of ceremony in France.

Sufficient for six persons.

Snow Eggs (*Œufs à la Neige*).—To a pint of milk allow four eggs. Separate the whites from the yolks and beat the former, preferably in a copper vessel, with a pinch of salt until they are very firm. Then place them on a hair sieve to drain. Heat the unsweetened milk, and when it boils throw in the whites, a heaping teaspoonful at a time. Cook these "eggs" for three minutes, turning them carefully from time to time. Drain them again, this time over a bowl, so that the milk that drops from them may be saved. With the milk, the yolks and the necessary sugar, make a custard. Flavour with vanilla. Pour it into a deep dish, and when it is cold put in the whites. Set in a very cool place, or on ice. Prepare a caramel (p. 26), and a little while before serving pour it over the whites. The caramel may be omitted, but it is excellent.

A foundation of purée of chestnut is sometimes used with this sweet. The whites may be slightly sweetened.

Sufficient for six persons.

Strawberry Mousse.—Take a pound of strawberries, crush them with a silver fork and sweeten them with a cup of white sugar. Leave them for an hour, then put them through a sieve. Melt about half an ounce of gelatine with a very little water and strain it into the fruit. Stir in a very cold place or on ice until it begins to thicken, then add half a pint of cream. Set on ice for two or three hours. Serve with strawberry juice that has been well strained and sweetened.

Strawberries and Semolina.—Melt quarter of an ounce of gelatine in a very little water. Strain it. Cook four ounces of semolina in a pint of boiling milk, with four ounces of sugar. Add the gelatine, stir and remove from the fire. Set aside and when it is cool stir in half a pint of whipped cream. Put into a double mould and set on ice. Fill the centre with crushed and sweetened strawberries. (From *Le Cordon Bleu.*)

Vanilla Ice with Mousse of Fruit.—Put a pound of fresh or bottled raspberries, strawberries, damsons, or cooked black currants, through a hair sieve. Sweeten them well and stir in a cupful of whipped cream.

Line a mould with vanilla ice, pour the *mousse* into the centre. Close the mould carefully and set it in ice for an hour.

These iced dishes may be varied in many ways. A *mousse* of chocolate, flavoured with vanilla, coffee or praline can be used instead of fruit. It should be made with cream.

Chocolate ice can be filled with chestnut cream.

Pastry

Every cookery book gives receipts for making pastry, but practical lessons are necessary if one is to become an expert. Good pastry-makers, like good omelette-makers, doubtless are born, not made; but unless cursed with a heavy hand, most people can arrive, if not at perfection, at some degree of excellence.

English tarts when they are good are beyond praise. But I would like to recommend the American

way of making pies. American pies can be delicious, though, as any traveller in the United States will testify, they can, if not perfectly made, be heavy and indigestible. The pastry used must not be rich—it is best made with half lard, half butter, and it must be rolled out very thin. Shallow round tins are used for baking.

For apple pies a very good sour fruit should be chosen. Since Wellingtons, which once had no equal, have by some law of nature degenerated, Annie Elizabeth or Bramley's Seedlings should be used. Whatever apple is chosen, it must be a quick cooker of good flavour.

Peel the apples, core them and cut each into about a dozen wedges. Line the tin with pastry and arrange the apples on it in circles, working from the outside. Sprinkle them with brown sugar and a few tiny pieces of butter. Cover with another very thin layer of pastry, slashing it in three places in the centre. Put a thin extra rim of pastry all round the edge, marking it and pressing it down with the end of a spoon. Bake in a fairly quick oven for about thirty minutes. Never butter the tins.

I do not think there is a better form of tart than this. If it is sodden you have failed. It can be eaten hot, but is best cold.

This tart can be made without an over-crust and a little quince jelly, slightly warmed, poured over the fruit while hot.

Lemon Pie Mixture.—Grate the rinds of two lemons. Pare the white skin off the lemons, cut them into very small pieces removing all skin and the pips. Put them into an enamelled pan with ten ounces of sugar, two-thirds of the grated rind, and three tablespoons of flour, mixed in a pint of water. Beat the yolks of three eggs and stir them in. Heat till the mixture thickens. Stir

in an ounce of butter and pour into a dish. When cold pour into a shallow tin lined with short pastry. Bake.

Whip the whites to a stiff froth, adding three tablespoonfuls of sugar. Spread on the pie when cold. Put into the oven to brown. Serve cold.

Marmalade Tart.—Beat up sufficient marmalade to fill an open tart with the yolks of two eggs. Whip the whites very stiff and add them to the mixture. Bake in a moderate oven. This is very good.

Mince Pies.—Mince pies are very good made in the same way as apple pies ; this ensures sufficient mince-meat, a rare pleasure.

If small English mince pies are made, make them of rather rich short pastry, and make them very small ; so small that you allow two or three per person. Put plenty of mincemeat in each tart. These are much more delicious than large ones, and the short pastry is better than any but the best puff pastry.

Pear Tart.—Make a good short pastry. Bake this with a filling of uncooked rice to preserve the shape. Remove the rice. Cut the pears in eighths and cook them (*see* p. 180). Drain them and arrange them in the pastry.

To the syrup in which the pears have cooked add two or three small tart apples, uncored and unpeeled, but cut in slices. Simmer, and when a jelly forms pour through a strainer on to the pears.

Prune Pie.—Cook the prunes in a very little syrup, adding a teaspoonful of lemon juice. (They must be of the thin-skinned kind.) When tender remove the fruit and chop it finely. Reduce the syrup until it is very thick. Mix it with the fruit, adding chopped almonds. Bake with an upper and under crust.

Strawberry Tarts.—These are delicious made with rich short pastry. Line small tins with pastry and bake, filled with uncooked rice, in a quick oven. Empty them and fill them with strawberries—the small scarlet variety is the best. Put a cupful of strawberries through a sieve. Sweeten them and add a wineglassful of red currant jelly. Boil up and strain through several layers of muslin. Pour over the tarts and set aside to cool.

Uncooked Fruit Dishes

On Buying Fruit

Anatole France in his charming book, "*La Vie en Fleur*," says of one of his characters that he never thought it beneath him to do his own marketing, declaring that no woman was capable of distinguishing between a melon that has come to its fugitive moment of exquisite maturity and one which is green or has passed its prime.

One must admit that women, as a rule, are ignorant about fruit. Few of us can give the name of an apple which is a good quick cooker, and how many know the difference between a *Doyenne de Commice*, a *Louise Bonne* and a William pear? For that matter how many of us trouble to choose our own fruit? The modern woman wants to shop by telephone, and fruit, of all things, cannot be had good unless the consumer chooses it. And to have the best you must by your cunning prove to the greengrocer (a cunning creature himself—he must be with such perishable goods) that he is up against it.

But every woman who caters for a man should remember that her ignorance may be turned to profit and her cunning save her trouble (reprehensible though this is), if she can persuade him that in this matter he knows and she does not. If he doesn't know when she tells him he does, he soon will. And, he will be immensely proud of his specialised knowledge, which means that, to prove his worth, he will spend twice what the woman would, bringing into the house both quality and quantity. He will come to an understanding with the greengrocer and be advised of the day when melons and pears are at their

best. He will test the apples and learn their names. He will not judge a peach by its colour only.

With bananas a woman is safe. Let her order them by telephone by the gross.

It should be remembered that sugar does not only sweeten fruit, it brings out flavour.

Banana Purée.—Rub a number of very ripe bananas through a sieve. Sweeten. Add two tablespoonfuls of wine and a few drops of lemon juice. Serve very cold with whipped cream.

Purée of Bananas and Strawberries.—Put three very ripe bananas and a pound of strawberries through a hair sieve. Sweeten. Add the juice of two oranges. Stiffen with a little gelatine (p. 175) soaked and melted in water. Fill a double mould with the purée and set it on ice. Turn out. Fill the centre with whipped cream or with slightly crushed strawberries which have been prepared and sweetened an hour before they are required. Serve very cold. (From *Le Cordon Bleu.*)

Red Currants.—Stem a number of fine red currants. Bruise them well with a silver fork. Sweeten and set aside for an hour. Red currants should never be cooked.

Figs and Cream.—Fresh figs, peeled, crushed, sweetened a little, iced and served with cream make an exquisite dish, even if they are not in perfection.

Fruit Fools.—Fruit fools, if carefully prepared, make the most delicious of sweets, but it is rarely that one meets with them in perfection.

Almost any fruit may be used: blackcurrant, loganberry, strawberry, prunes, raspberry—all are excellent. Put the fruit, cooked or raw as the case may be, through a hair sieve. Sweeten it and add whipped cream. Set on ice till required and serve in small glasses. When the fruit has to be cooked as little juice as possible must be used, for the fool should be thick.

Bottled gooseberries, loganberries, and raspberries are excellent. Dried apricots and peaches can be used.

Fruit Salads.—Very rarely does one get the perfect fruit salad. Any kind of fruit thrown together with juice is con-

sidered correct. The basis of a salad generally is of tinned fruit—apricots, peaches, pears, pineapple, grape-fruit. To these a judicious mixture of fruit in season should be added—oranges very finely cut and divested of every shred of their bitter white covering, sliced bananas, skinned and stoned grapes, strawberries, etc. Only the best and most juicy apples should be used, for they are apt to toughen.

The syrup can be made from the juice from one tin of fruit or from a mixture of several juices. Peach and apricot are the best. Whatever is used should be heated and sweetened, then poured over the fruit, which should be set aside in a very cool place for an hour or so before serving.

Wine or liqueur takes, I think, from the freshness and flavour of a salad.

Melons.—There is no fruit so exquisite as the English hothouse melon. Unfortunately its price is exorbitant. It should be served very cold with sugar and powdered ginger.

Melon En Surprise.—Choose a fine cantaloup melon. Cut a slice off the top of a depth sufficient to form a lid. Remove the seeds and any stringiness with a silver knife. Gouge out the rest of the ripe fruit with a spoon and cut it into small pieces. Add to the melon any fruits that are in season—prepared as for a salad. (A mixture of pineapple and banana is excellent.)

Fill the melon with the mixture, replace the "lid" and *set on ice for two hours* before serving.

Oranges with Macaroons.—Prepare and slice a number of oranges. Sweeten them well and sprinkle them heavily with crushed macaroons. Then cover them with a layer of lightly sweetened whipped cream and finish with a fine sprinkling of macaroons.

Oranges cut in half, as you do grape-fruit, and sweetened, are very good for breakfast.

Pears.—This, I think, is the best way of eating a juicy pear.

Do not pare it. Cut it in half. Remove the core with a very sharp knife. Eat it with a spoon as you would a grape-fruit. You will, in this way, not lose any of its juice.

Pineapple.—Pineapple has a much better flavour if it is sweetened a little while before it is eaten.

Cut off the rind and take out the core. Tear the fruit into small pieces with a fork. Sweeten and set aside in a cold place at least an hour before serving. This is a good way of serving the cheap Cape pineapples.

Pineapples and Strawberries.—Cut up a pineapple. Add sugar and set it aside for an hour or two. Cut a number of strawberries in half and add them to the pineapple. Set on ice till required. These are delicious.

Rum Tutti-Frutti.—Put a bottle of rum and a pound and a half of powdered sugar into a large jar which has a cork or closely-fitting top. Leave for a week. Stir well. Put into the rum one and a half pounds of strawberries and one and a half pounds more sugar. Stir occasionally, keeping firmly corked. After a week add the same quantity of raspberries and sugar, stirring every day. Add other fruits and sugar—apricots, peaches, plums, pineapple.

The jar should be kept in a cool place. Leave it for two or three weeks after the last fruit has been put in. Then mix well. This makes a most delicious dessert served very cold with whipped cream.

Strawberries and Claret.—The flavour of claret seems to have a natural affinity with that of strawberries. Prepare the fruit, sweeten it and, half an hour before serving, pour a glass of good claret over it. Set on ice.

CHAPTER XV

A FEW GOOD CAKES AND BISCUITS

A COOK in a busy house may well be spared the trouble of making cakes. England and America are now full of women who do it for a living, and much that they make is excellent. There are also French and Belgian *patissiers* from whom you can buy *brioches*, *pains de Gênes*, *gateaux de Savoie*, as exquisite as any to be found in France.

But there are certain cakes which cannot be bought, and it seems to me that occasionally it is worth both trouble and expense to have these made at home. It is a pleasant thing to be celebrated for your cakes.

The few receipts I give are, with two or three exceptions, family possessions. I have never known them equalled. They need the best materials and, for the most part, a strong arm to beat them.

Directions for making cakes are given in every manual of cookery ; but I would add that the temperature of a moderate oven is 300° and that of a quick oven 380° to 400°. A thermometer is a very useful thing to have.

Barmbrack (*The Hon. Mrs. Perceval*)

1 lb. flour.
½ pint warm milk and water.
Rather over ¼ lb. dripping.
2 eggs.
½ teaspoonful salt.
4 ozs. currants.
¾ oz. yeast.
4 oz. sultanas.
2 tablespoonfuls chopped candied peel.
¼ lb. sugar.

Put the flour and salt through a sieve. Then rub in the dripping until there are no more lumps. Mix the yeast thoroughly with the sugar. Pour the warm milk and water on to it. Make a hole in the centre of the flour. Pour the milk, etc., into it. Add the well-beaten eggs. Mix well together. Beat until perfectly smooth, cover over the basin and set it in a warm place to rise, leaving it for an hour and a half. Then add the currants, sultanas and peel. Half fill a tin with the dough. Let it rise for another twenty minutes then bake in a moderate oven. This Irish dough cake is extraordinarily good for lunch or tea.

Chocolate Cake

9 ozs. butter.
7 ozs. finest chocolate powder.
9 ozs. sugar.
5 eggs.
6 ozs. flour.
Salt.

Mix the chocolate powder with the butter. Beat this for quarter of an hour. Add the sugar and beat again. Beat the yolks and whites separately. Add the yolks to the mixture, then the flour, beating hard as you do so. Lastly stir in the stiffly beaten whites. Bake in a dripping-pan lined with buttered paper in a moderate oven for an hour. This is a German receipt and it is perfection.

Corn Bread

This is a Creole receipt taken from one of the most interesting of modern cookery books, "The Picayune Creole Cook Book." It is an excellent novelty for tea.

1 pint cornmeal.
1 tablespoonful butter or lard.
½ teaspoonful salt.
2 eggs.
1 pint of milk.
A little sugar (if you like).

Pour a very little boiling milk over the meal—just enough to scald it. Melt the butter, rub it into the meal. Beat the yolks till very light. Mix altogether, adding the salt. Beat well. Then add the stiffly beaten whites. Pour into a shallow buttered tin and bake in a quick oven for about thirty minutes. Serve hot, well buttered.

Gingerbread (*American Receipt*)

This is the best "soft" gingerbread I have ever tasted.

12 ozs. flour.
1 cup West Indian molasses.
1 cup brown sugar.
1 cup sour milk.
½ cup melted butter.
½ cup melted lard.
2 eggs.
1½ teaspoonfuls ginger.
1½ teaspoonfuls ground cinnamon.
½ teaspoonful ground cloves.
1 good teaspoonful carbonate of soda.
A saltspoonful of salt.

Beat the eggs well in a large basin. Add the sour milk, treacle and sugar. Mix well with a wooden spoon. Add the spices and beat well. Then put in the melted butter and lard, and last of all the flour with which the salt and soda have been sifted. Beat quickly for a few minutes and pour into two small dripping-pans about eight inches by ten, and bake in a very moderate oven for forty minutes. Molasses may be obtained from Messrs. Jackson in Piccadilly, and elsewhere. It is much better than treacle.

(*Portuguese Receipt*)

For three large cakes—

2 lbs. flour.
2 lbs. *black* treacle.
1 lb. brown sugar.
1 lb. butter.
¼ lb. citron.
5 eggs.
1 tablespoonful ground cloves and one of ground ginger.
2 teaspoonfuls carbonate of soda.
Rinds of three lemons grated.
Wineglassful of brandy.

Beat the eggs with the sugar till light and creamy. Slightly melt the butter and add it, then the spices, lemon peel and finely chopped citron. Stir continually. Then pour in the brandy and treacle and mix well. Sift the soda with the flour, stir them well into the mixture, but do not beat again. Line three dripping-pans with buttered paper, pour in the mixture and bake in a very moderate oven for an hour and a half. The cake burns easily.

This is an exceedingly good cake. It will keep a long time if it is allowed to.

Guard's Cake (*Mrs. Erskine*)

½ lb. butter.
½ lb. brown sugar.
4 eggs.
1 lb. flour.
Salt.
1 teaspoonful bicarbonate of soda dissolved in a little milk.
1 lb. sultanas.
½ teaspoonful mixed spice.

Cream the butter and add to it the sugar. Add the beaten eggs, and then the sifted flour and milk. Lastly stir in sultanas and spice. Bake in a moderate oven for about one and a quarter hours. This receipt is sufficient for two medium-sized cakes.

Layer Cakes

Layer cakes are simple and light, and they can be varied by a number of fillings, though of them all I think that red currant jelly is the best. They are relations of the jam sandwich, but they are distinguished relations. The layers should be thin. Three are needed for each cake. The American layer cake of commerce has grown too tall and is one of the untidiest of cakes to eat. The layers are baked in shallow tins about eight inches in diameter. Before using them, slightly warm them, then rub with butter or sweet oil, or line the bottoms with buttered paper. The cakes must be allowed to cool before spreading them with whatever filling is chosen. The top layer can be sprinkled with sugar or iced. I think that icing is a mistake except for children's parties.

½ cup butter.
2 eggs.
2 teaspoonfuls baking powder.
Salt.
1 cup castor sugar.
2 cups sifted flour.
⅔ cup sweet milk.

Beat the butter and sugar to a cream. Add the well-beaten yolks. Stir in the flour with which the baking powder is mixed. Beat the whites till very stiff and cut them lightly into

the mixture. Pour into shallow buttered tins and bake in a moderate oven for about fifteen minutes. Turn out the layers and set them on sieves to cool. Then spread with any mixture you like. Another American receipt gives three eggs and one cup of flour. With this, one teaspoonful baking powder only will be needed and no milk.

If red currant, blackberry or apple jelly is used, warm it slightly before spreading it on.

Chocolate cream is a good filling. Melt a little chocolate very slowly in the oven (it must be the best quality). Add it to stiffly whipped cream flavoured with vanilla. Sweeten if necessary. Or the cream can be flavoured with coffee.

Almonds or hazel nuts pounded in a mortar and added to whipped cream make a very good mixture. So do chopped raisins citron, almonds, and figs, bound together with the beaten whites of eggs.

Another filling is made of equal quantities of cream, grated cocoanut and sugar well beaten together. To this may be added a little finely grated orange peel and the juice of an orange.

Nut Loaf (*American Women's Club*)

2 cups of flour.
½ cup sugar.
4 teaspoonfuls baking powder.
3 tablespoonfuls butter.
2 tablespoonfuls lard.
1 egg and the yolk of an egg.
1 cup milk.
½ cup crushed walnuts.
Salt.

Sift the flour with the baking powder and salt. Add sugar. Work in the butter and lard with the tips of the fingers, then the well-beaten yolks and one white. Mix in the milk, and lastly the nuts. Set aside for half an hour. Bake in a moderate oven for about forty minutes. This bread, spread with butter, is delicious for tea.

Potato Flour Cake

½ lb. butter.
½ lb. white sugar.
½ glass rum.
5 eggs.
½ lb. potato flour.
Salt.

Soften the butter. Beat it till it is very light and creamy. Add to it alternately one whole egg, one tablespoonful flour, one tablespoonful sugar, beating hard and well between each addition. When about half the materials are used add the rum. Add the rest of the ingredients in rotation. From first to last this cake should be beaten for about half an hour. Bake in a tin lined with buttered paper for something over an hour. Do not let the top burn. A piece of buttered paper can be laid over it when it has risen. This is one of the best of cakes and well repays the trouble of beating and the expense of eggs and butter.

Soda Cake

1 lb. flour.
½ lb. crushed *lump* sugar.
½ lb. butter.
1 lb. sultanas.
¼ lb. mixed peel.
3 eggs.
1 small teacupful milk.
1 small teaspoonful carbonate of soda.
1 full teaspoonful cream of tartar.

Beat the butter to a cream and add the sugar, which must not be too finely crushed. Beat the eggs well and add them to the butter and sugar, beating all hard and thoroughly. Mix the soda with the warmed milk and sift the flour with the cream of tartar. Add these to the mixture alternately. Stir in the sultanas and finely chopped peel. Bake for two hours or more in a tin lined with buttered paper. The oven should at first be fairly hot, then moderate for the rest of the time. This is incomparably the best cake of its kind I have ever tasted. The long baking gives it a rich brown colour and a most excellent flavour.

Walnut Cake

½ lb. butter.
4 eggs.
4 oz. pounded dried walnuts.
½ lb. sugar.
4 oz. flour.

Cream the butter and add the sugar to it. Beat well. Beat the yolks and whites separately. Add the yolks to the mixture.

Mix walnuts and flour. Add them, beating hard. Stir in the whites. Bake in shallow tins lined with buttered paper. Ice.

Little Cakes

Almond Biscuits.—Take equal quantities of butter, sugar, blanched and split almonds, and half the quantity of sifted flour. Beat the sugar and butter to a light cream, add the almonds, flour, a pinch of salt and a little vanilla. Divide into small lumps about the size of a walnut. Place on a greased tin, flattening each a little. Bake for five minutes in a quick oven and leave them on the tin till nearly cold.

Bottle Cakes

½ lb. butter.
½ lb. sifted sugar.
½ lb. sifted flour.
Juice and grated rind of half a lemon.
2 eggs.
Pinch of salt.

Cream the butter and add the sugar. Beat the eggs and add them with the other ingredients to the mixture, beating thoroughly till it is very light. Grease a baking tin and drop the mixture on to it by teaspoonfuls, leaving plenty of room for it to spread. Bake about five minutes in a moderate oven or until there is a golden rim round each cake. When they are done slip them off the tin with a knife. Lay a number of well-washed wine bottles on their sides on the table and put the cakes on them to cool, pressing them gently down on to the bottles so that they may take their rounded shape. These biscuits, properly made, are delicious.

Ginger Wafers

⅓ cup of butter.
1 cup sugar.
1 egg.
½ cup milk.
2 scant cups flour put through a sieve with three teaspoonfuls baking powder.
1 teaspoonful ground ginger.

Beat the butter to a cream, adding the sugar gradually, then the well-beaten egg, milk and other ingredients. Butter a tin and spread the mixture on it as thinly as possible. Bake for

twenty minutes. Sprinkle with castor sugar while still hot and cut out into shapes.

Oatmeal Biscuits (*Lady Irvine*)

3 ozs. flour.
3 ozs. oatmeal.
2 ozs. butter.
2 ozs. sugar.
½ teaspoonful bicarbonate of soda.
Salt.

Mix with a little milk, roll out, cut into shape, then prick and bake well.

Oat Cakes (*Lady Irvine*)

1 cup oatmeal.
1 teaspoonful melted dripping.
¼ teaspoonful bicarbonate of soda.
Pinch of salt.

Mix with warm water into a rather soft paste. Put on a pastry board and sprinkle with oatmeal, rolling out very thin. Cut into rounds and again into quarters. Put on a hot girdle, or into a hot oven and bake.

Sablés (*Miss du Cros*)

¼ lb. fresh butter.
¼ lb. flour.
½ a cup sugar.
1 teaspoonful vanilla essence.

Work the ingredients into a paste on a marble slab or pastry board. When thoroughly blended sprinkle the slab with flour and roll out with a rolling pin, which also has been well floured, until the paste is rather less than half an inch thick. Cut out with a small round cake-cutter, place on an ungreased baking tin and bake in a very quick oven for from five to seven minutes, when the sablés should be slightly browned. Have ready a bowl with castor sugar in it and dip the sablés in while they are still hot. Put on a sieve to cool. These little biscuits are perfect for tea, and if kept in a well-closed tin will retain their crispness for some time.

Short Bread (*Lady Irvine*)

½ lb. butter.
½ lb. flour.
2 ozs. soft sugar.

Mix the sugar and butter together; then add the flour, kneading all the time. Divide into cakes, pinch the edges into a pattern, prick the tops of each with a fork, sprinkle with sugar and bake well, but do not allow the cakes to brown.

Strathpeffer Scones (*Lady Irvine*)

1 lb. best flour.
2 ozs. best butter.
1 teaspoonful salt.
1 egg.
2 teaspoonfuls baking powder.

Mix the ingredients with sufficient milk to make a soft dough. Cut out and bake for five minutes in a quick oven.

CHAPTER XVI

SAVOURIES, CHEESE, SANDWICHES

THE Frenchman likes his rich or piquant *hors d'œuvre* but cares nothing for savouries, perhaps because his dinner comprises so much that is finely flavoured and distinctive that he needs no special concentration of tastes to cap it. Cheese for him is the crown of a good meal, and he is wise, for nothing so brings out the flavour of his last glass of good wine.

The English, on the other hand, have steadily grown in their liking for the savoury, and, after plain fare, the taste is reasonable, especially as it makes a useful forerunner, after the sweet, to a glass of port.

The best savouries, from the point of view of that last glass of port, are those made of cheese, pp. 203–206.

Anchovy Savoury.—Make some squares of very light puff pastry. Put a fillet of anchovy on each and sprinkle them with grated cheese. Fold over the squares in two and heat in the oven. (*Mrs. A. H. M. Wedderburn.*)

Stuffed Artichoke Bottoms.—Make a farce of very finely chopped ham, cooked chopped mushrooms, a little tomato purée and butter to bind together. Season carefully. Prepare the artichoke bottoms. Heap up the *farce* on them, sprinkle with breadcrumbs and butter and brown in the oven or under a grill.

Artichoke Bottoms with Foie Gras.—Beat up a little *foie gras* which has been simmered in madeira with cream and the yolk of an egg. Season. Spread on fresh artichoke bottoms. Cook gently in the oven, basting with a very little melted butter and good game stock.

Cheese Savouries.—*See* pp. 203–206.

Croustades of Bloater.—Make a number of small croustades and hollow them slightly on the upper side. Bone several bloaters and pound them with a little warm melted butter. Put them through a fine sieve. Season, using a little cayenne. Dilute the yolk of an egg with a little cream. Add it to the bloater purée. Heat in a *bain marie*. The mixture should thicken ; it must not boil. Serve on the croustades.

Little Ham Soufflés.—Beat a tablespoonful of butter to a cream, cook it with a tablespoonful of sifted flour. Take off the fire. Add to the yolks of two eggs. Beat till very light. Season and add two heaping tablespoonfuls of very finely chopped ham. Cut in the stiffly beaten whites. Bake in small dishes. (German recipe.)

Ham and Cheese Savoury.—Spread some Romary water biscuits with grated cheese or pounded pommel. Pound a little ham. Add cream to it and seasoning. Put it on the biscuits and bake for a few minutes in the oven. (*Mrs. A. H. M. Wedderburn.*)

Chicken Liver Soufflé.—Brown six ounces of chickens' livers very lightly in butter, being careful not to let them get dry. Put them through a sieve. Prepare half a pint of rich Béchamel sauce made with milk and chicken stock. Mix with the liver, season, add the yolks of two eggs and their well-beaten whites. Bake in a dish set in a pan of water. Serve with mushroom sauce. (*Le Cordon Bleu.*)

Foie Gras Soufflé.—Pass eight ounces of *foie gras* through a sieve. Add to it a wineglass of thick cream, and an ounce of finely chopped mushrooms. Season and add the whites of two eggs. Bake in small soufflé cases.

Game Liver Croutons.—Cook the livers of the birds in a tablespoonful of madeira with a little very finely chopped shallot, seasoning and a pinch of spice. Put the livers through a sieve, moistening them with a little thickened stock made from the bones and carcase of the birds. Cut a number of small rounds of stale bread. Brown them on the outside only. Fill the inside, which should be slightly gouged out, with the liver purée. Set a sautéed mushroom on each.

Goose Liver Savoury.—Take a fine goose's liver that has

been cooked inside the bird. Pound it and mix it with a little pepper, salt, butter and cream. Make a number of croustades. Spread them first with mustard and then with the liver purée. Heat in the oven.

Mushroom Savouries.—*See* pp. 137–138.

Oysters.—*See* p. 63.

Pain Perdu au Thon.—Soak rounds of stale bread in milk for a second, then lay them in beaten yolk of egg. Season and fry in butter. Pound a little tunny fish and mix with finely chopped olives, tarragon, chervil, and a good Béchamel sauce. Sprinkle with cheese and brown in the oven. Serve very hot. A purée of wild duck with olives and a little orange juice can be used instead of fish.

Sardine Savoury.—Drain a number of best quality large sardines thoroughly. Skin and bone them. Brush each with a little mustard and sprinkle very lightly with lemon juice. Egg and breadcrumb them and fry them. Serve very hot or they will not be good.

Sardine Savoury Cold.—Make a number of small rounds of toast with brown bread. Spread them with sardine butter (p. 25). On each piece place half a large sardine, skinned and boned. Mask with *rémoulade* sauce. Lay a tiny fillet of anchovy across each.

Sardines on Toast.—Skin and bone a number of sardines. Pound them. Add seasoning—a little cayenne—a few drops of lemon juice and a little melted butter. Make small rounds of toast and heap the mixture (which should be very hot) on them. *Keep hot till the moment they are served.* A little tomato purée or a few drops of Worcester sauce can be added. These are very good.

Soft Roes.—(1) Cook a number of soft roes for a minute in boiling water. Remove and drain them. Chop a little onion very finely. Put it in the bottom of a flat fireproof dish, together with clarified melted butter, and a tablespoonful of white wine. Lay the roes in this and sprinkle them with salt and pepper and parsley. Baste often till done and serve very hot on croustades spread with mustard butter (p. 25).

(2) Spread small rounds of toast with mustard and butter

beaten together into a paste. Lay on each a soft roe which has been cooked in wine and butter. Sprinkle with chopped tarragon and chervil.

Cheese

The cheese course is too often perfunctory. Cheshire cut into small dice or unripe Camembert fills the bill.

Yet of the excellence of English cheeses as eaten, for instance, in men's clubs, there is no need to speak. Stilton is considered the noblest, and is the perfect accompaniment to Burgundy or port, but since it must be bought in bulk it is not for every house. Wensleydale is superb. Cheddar is a mainstay, but is never so good as when eaten after long walking at a country inn with good bread, good butter and good ale.

The French, more interested in variety and more adventurous, have an infinite number of cheeses, valued not only for themselves, but for their influence on the taste of the wine with which they are drunk.

Of these Camembert has travelled to almost every corner of the earth since it was invented in 1791, on the eve of the Terror ; but we have not yet sufficiently understood that it is a crime against intelligence to eat it before it is ripe, a state which can always be tested by the pressure of the thumb.

Camembert should not be forced in a hot place, but be allowed to mature in a cellar or cool larder. Like the pear, it has its moment which must be watched and waited for. It is worthy of the finest red wine and is at its best in winter. Its rival Brie is also a winter cheese, while Port Salut is most excellent in summer.

A little-known cheese, *Notre-Dame de Mont Dol*—of the Port Salut type—is exported now. Much of the same kind is the delicious Italian *Bel Paese*.

The Swiss *grüne Käse* is to be recommended to the amateur of cheeses. It is bought in small hard cones and must be scraped very finely with a sharp knife and mixed with butter. Its curious odour is insidiously attractive and it has the merit of keeping well.

Gorgonzola and Roquefort are too well-known to need praise, but both must be bought from reliable cheesemongers, for they have been much imitated. The real Roquefort is made in the Cevennes of ewe's milk and its imitators have not succeeded in giving their products the rich flavour of the original cheese. Of the less known foreign cheeses *Cantal*, *Pont l'Eveque*, *Septmoncel* from France, and *Emmenthal* from Switzerland are all good.

The well-known French cream-cheese, the *petit Gervais*, is brought to England every day by air, but is never so good as it is in France.

Good cheese deserves the best of bread and butter, or biscuits and butter. There is nothing more usual or more deplorable than the biscuit that has been allowed to go flabby. Religious care should go to keeping the biscuits fresh.

Cheese Dishes

A mixture of Parmesan and gruyère is the best for most cheese dishes—or gruyère may be used alone. *The cheese should always be freshly grated.*

Celery Stuffed with Gorgonzola.—I first heard of this way of using cheese as an invention of M. Boulestin. It is a little miracle of excellence, charming to look at and exquisite to eat. Thoroughly wash two or three heads of celery. Reject any discoloured leaves, but do not pull the rest apart. Well mix one part of butter with two parts of Gorgonzola or Roquefort. Season rather highly. Spread open the celery leaves as widely as possible and stuff the mixture down between them—for which purpose fingers are better than anything else.

Press the leaves back into place and tie each head up firmly, setting it in a cool place till you are ready to serve. With a sharp knife, at the last moment, cut the celery across in slices about half an inch thick. Serve with good unsweetened biscuits that have been freshly crisped in the oven. This mixture is very pleasant spread on small crisp biscuits for lunch.

Cheese Balls.—Americans make a variety of little cheese balls to eat with salad. Cream cheese worked with a little pepper, formed into small balls and rolled in raspings of toast is very good with a green salad, or with biscuits and butter.

Either Roquefort or Gorgonzola worked with half their weight in butter, or with some mild cream cheese, then made into little balls and rolled in raspings is excellent.

Cheese Croquettes.—Cheese croquettes can be delicious and they can be greasy abominations. They must be small and crisp and absolutely dry, which means good frying and thorough draining.

Make a cupful of good white sauce, season it highly, using cayenne. Add two tablespoonfuls of grated gruyère and one of very small dice of the same cheese. Stir in the yolks of two eggs. Cook gently, but do not let the mixture boil or the eggs will curdle. Pour on to a dish to cool. Drop by spoonfuls into very hot fat, or dip pieces of it into breadcrumbs, then into egg and again into breadcrumbs and fry.

Cheese Fondue (*Swiss Receipt*).—One pound gruyère cut into very thin slices, one wineglassful of dry white wine, half a liqueur glass Kirsch (this may be omitted), a coffeespoonful of corn-flour, a pinch of pepper.

Mix the flour with the wine adding, if you like it, a few drops of onion juice or a touch of garlic. Bring to the boil and simmer for a few minutes. Strain and reheat. Add the cheese and stir over a flame with a wooden spoon—always in the same direction. When the cheese has melted, add the Kirsch and serve at once on small rounds of buttered toast.

This *fondue* should be cooked in a chafing dish at the table as it is often done in Switzerland, where the guests dip their own slices of toast or fried bread into the pan, turning them round with a fork until they are well coated.

Cheese Omelette.—*See* p. 156.

Cheese with Rice.—Cook some rice as directed (p. 163). Mix it with grated gruyère and Parmesan, sprinkling very tiny pieces of butter among it. Season rather highly. Put it in a fireproof dish, sprinkle the top with cheese, bread crumbs, and small pieces of butter and brown in the oven.

Cheese Savoury Cold.—Make a number of round biscuits of short pastry to which a little grated Parmesan has been added. Whip together cream and grated cheese (gruyère and Parmesan mixed), adding a little paprika and salt. Form the cream into cones on the biscuits and into each cone put a small tuft of celery. This is an excellent savoury for lunch.

Cheese Soufflé.—With butter the size of a small egg mix a large tablespoonful of flour. Add half a pint of boiling milk and about three ounces of finely-grated gruyère, and work the mixture for eight minutes over the fire. Season. Take off the fire and add, one at a time, the yolks of five eggs (not beaten). Mix lightly, but well. Add the whites, and pour into a deep, well-buttered *soufflé* dish, and bake in a moderate oven for twenty to thirty minutes. (*Miss Wattley.*)

Cheese Straws.—Sprinkle a little puff pastry with grated gruyère. Fold it and cut it into thin strips. Brush each with the yolk of an egg, sprinkle with cheese and a little cayenne. Bake for about ten minutes in a very hot oven. These are most excellent as a savoury or served with clear or vegetable soups, or with green salads.

Cheese Tartlets.—In a pan mix about one and a half ounces of butter with a small dessertspoonful of flour. Heat the mixture without letting it brown and mix with it 2 gills of boiling milk. Beat well till it boils. Remove the pan from the fire and, still beating, add rather less than two ounces of grated gruyère and the same quantity of parmesan. Then add two whole eggs and 3 yolks and two gills of double cream. Season with salt, pepper and nutmeg. Beat well again. Have ready a flat round tin lined with short but not very rich pastry rolled out very thin. Pour the mixture in. Sprinkle with grated cheese and cook in a moderate oven.

Serve the moment it is ready. From M. Reboul. *La Cuisinère Provençale.* (A. Tacussel—Marseilles.)

Cheese Wafers.—Soften a little butter and add to it a small quantity of mustard. Spread it evenly on unsweetened Romary wafers. Sprinkle with a generous quantity of freshly grated gruyère and Parmesan mixed and a little cayenne. Put in a hot oven till the cheese has melted. Serve at once, for the cheese toughens quickly.

Welsh Rabbit à la Royal York.—Heat a gill of ale in a pan. Add to it half a pound of grated gruyère, a tablespoonful of butter cut into tiny pieces, a little dry mustard and pepper and salt. Stir over the fire until you have a creamy mixture. Have ready small rounds of buttered toast, pour the cheese over them, sprinkle with cayenne and brown lightly under the grill. Serve at once. The beaten yolk of an egg can be added immediately before serving. These Welsh rabbits can also be served on croustades (p. 25) which have been slightly hollowed out in the centre.

Sandwiches

Use bread that is one day old. Cream the butter by warming it slightly and beating it in a basin so that it will spread easily. Brown bread is excellent for many forms of sandwich.

When sandwiches are not to be eaten directly they are made, dip a piece of butter muslin in cold water, wring it out and wrap it round them.

Chicken Sandwiches.—Chop a little chicken very finely. Moisten it with a thin mayonnaise made with a little cream. A few chopped cooked mushrooms will greatly improve these sandwiches. Chopped celery is a pleasing addition.

Egg Sandwiches.—Boil the eggs for fifteen minutes. Put the yolks through a sieve and chop the whites very finely. Mix together with a little mayonnaise or with seasoned cream.

Ham Sandwiches.—Chop the ham very finely and bind it with a little creamed butter to which mustard has been added.

Lobster or Salmon Sandwiches.—Chop the lobster or

salmon. Moisten with well-seasoned mayonnaise. Place between crisp lettuce leaves and buttered bread.

Sardine Sandwiches.—Bone, skin and pound several sardines. Season them and add a few drops of lemon juice or a little tomato catsup.

Tomato Sandwiches.—Skin the tomatoes. Press out the seeds. Slice them. Season them with a very little French dressing. Drain well and put between slices of white bread and butter.

Tongue Sandwiches.—Chop the tongue and add a little Heinz tomato catsup.

Four Sandwich Mixtures.—(1) One tablespoonful of grated cheese, one tablespoonful of tomato sauce. Work the two together until their texture is very smooth. Spread on well-buttered sandwich bread.

(2) One hard-boiled egg, one teaspoon curry paste, half an ounce of butter. Work the yolk, the butter, and the curry paste very smoothly together. Chop the white of the egg finely, work it lightly into the mixture and spread on buttered bread.

(3) One hard-boiled egg, two teaspoonfuls grated cheese, a little salad oil, seasoning, crisp lettuce leaves or watercress. Work the yolk, cheese, salad oil, and seasoning to a cream, adding if liked, a few drops of lemon. Chop the white of egg and the lettuce or watercress. Mix all together lightly—at the last moment before spreading.

(4) Half a pound of well-boiled Jerusalem artichokes, four or five sardines. Mash the artichokes until perfectly smooth. Skin and bone the sardines, adding a few drops of vinegar or lemon. Pound them and mix with the artichokes. Spread rather thickly. (*Mrs. Ernest Bonus.*)

Sandwiches can be made with several of the butters for which receipts are given on p. 25.

Thin slices of crisp toast buttered and spread with Gentleman's Relish are very good.

Romary biscuits, spread with Gentleman's Relish which has been beaten up with butter, are delicious for tea.

Foie gras must not be forgotten but it should be of a good brand.

CHAPTER XVII

COFFEE, CHOCOLATE, TEA

Coffee

THE prettiest way of making coffee is in one of those machines in which water is forced up from a metal pot into a glass receiver containing the ground berry. Where coffee is made at the table no better way exists.

The best coffee I know is made in an American percolator. Percolators can be bought at most of the big stores.

But it is not necessary to go to the expense of buying any kind of machine in order to have good coffee. An earthenware pot fitted with a filter is all that is necessary. While making the coffee the pot should be stood in a pan of hot water. *Coffee should never come into direct contact with a flame.* Freshly boiling water must be at hand. It should be poured over the grains very slowly—a little at a time. The making must not be hurried.

Some French cooks boil up the coffee grains which have already served, strain off the water and use it for making fresh coffee. It certainly adds to its strength and flavour.

Excellent coffee can be made in a jug standing in very hot water. Heat the jug ; put the coffee into it. Pour boiling water over the grains and let them stand for five minutes. Stir well. Then leave the coffee to stand for another few minutes. Pour out through a strainer.

Allow a tablespoonful of medium-ground coffee for each person. Freshly roasted berries should be bought as often as possible. These should be kept in an absolutely air-tight *glass or earthenware* receptacle and should be ground only just before they are required.

Where coffee has not been roasted very recently, it is advisable to put it in the oven for a few moments before grinding.

Glasses in metal holders containing small filters are useful for making single portions of coffee. All that is needed is absolutely boiling water.

Good coffee must be sought for. It is essential to buy it where it is roasted fresh every day. Rapson's Stores in Lambs Conduit Street supply such excellent coffee that it is a pleasure to recommend this firm for Londoners.

Iced Coffee.—Make good strong clear coffee, straining it through muslin after it has been well sweetened. When it is cold add plenty of cream. Let it stand packed in ice for about an hour, stirring it from time to time, especially round the sides of the pot.

The coffee can be made with milk instead of water, cream being added to it when cold. It can also be made of all milk, but it will not compare with the drink made with cream.

Chocolate

One is very rarely given a good cup of chocolate—possibly because it is generally made of cocoa ; yet, for those who like it, it can be a very delicate though rich drink.

The ideal pot in which to make chocolate is a reproduction of an old French *chocolatière*, in the lid of which is a hole through which a boxwood beater is passed.

Make your drink from the best material obtainable —chocolate Lindt for example. Break the tablets in several pieces, cover them with a very little water and set them where they will melt slowly. Work the paste with a wooden spoon until it is perfectly smooth, standing the pot in which you have put it in very hot water. Then pour over it boiling milk. Beat it till it froths and serve at once. Should it be kept waiting pour it through a strainer so that no skin remains on it, reheat and beat well again.

Yolks of eggs can be added (three to the pint of chocolate). They should be mixed with a little warm milk and strained before being added. Both the smoothness of the texture of the drink and its nourishing quality will be increased thereby.

Chocolate must never be allowed to cook.

Tea.

Everyone knows the rules for making tea, yet it is very seldom good. This is often because so little care is taken in choosing a good blend.

Freshly boiled water is essential. The longer water boils the more air is driven out of it and the flatter it becomes.

Iced Tea.—Use China tea unless you dislike it. Let it infuse for from three to five minutes. Strain it into a jug. Sweeten it while hot and add three or four slices of lemon and a lump of ice. Set on ice or in a very cold place. Remove the lemon after ten minutes.

Tea Pick-Me-Up.—As a sure restorative, add a dessertspoonful of good red wine to a cup of tea. (*Mrs. Galsworthy.*)

Herb Teas.—The French, who eat well and elaborately, do not forget the value of simple herbs which have a digestive or soothing value.

Of the digestive "tisanes," mint and aniseed are the best.

Mint tea is made like ordinary tea by infusing two or three leaves in a cup of boiling water. Aniseed is made by boiling two or three heads of the dried plant for a few minutes and straining the liquid. Three flower heads of camomile are required for four cups. Boiling water is poured over them and a dessertspoonful of orange flower water added.

Lime flowers make a soothing night drink. Use two or three flowers to the cup and make it with boiling water.

In London carefully prepared herbs can be bought from Culpepper House, Baker Street.

CHAPTER XVIII

WINES

The Choice of Wines

THE most widely quoted of all writers on the table has been reproached with a lack of interest in vintages. But Brillat-Savarin lays it down as an indispensable condition of a good dinner that there shall be good, wholesome and agreeable wine. Traditionally, this is the host's department, but every hostess ought at least to understand something of the matter.

Many fastidious and cultivated guests would sooner have a chop with a glass of claret than the most elaborate meal without; and no repast, however exquisitely thought out and executed, is discounted by being served with good plain wine. Plenty of this is always preferable to a short allowance of champagne.

Yet, leaving out the question of expense, the English convention is to offer to the honoured guest champagne with his dinner and port after it. The champagne ought always to be slightly iced, but on no account to be iced heavily; that kills the wine's bouquet. There is also the tradition of a glass of sherry with the soup, infinitely preferable to the modern usage of serving some sort of cocktail before the dinner. If a cocktail is served, the sherry seems unnecessary and inartistic. But if the *apéritif* is taken, after the wise continental usage, an hour or a good

half-hour before the meal, the sherry should be offered to those who like it. When there is a fish course much can be said for beginning with at least a glass of some white wine. The French habitually offer a series of wines, leading up from white through Bordeaux to Burgundy. Nobody need fear the consequences of drinking a little of several natural growths. Advice against mixing drinks is only serious when the mixture is incongruous, as for example, beer and spirits. It is unfortunately true for many that port after champagne, especially if coffee follows, makes a prescription for a bad night's rest ; and many guests will be thankful for claret or Burgundy as an alternative to port, even if it is the same wine that they have been drinking earlier in the meal. Yet Brillat-Savarin's dictum should be remembered, that after three glasses of any wine the palate ceases to appreciate its qualities ; a different vintage will give new pleasure.

Claret should be served as nearly as possible at the temperature of the room in which the wine is drunk ; Burgundy a little below it. For either, too cold is less bad than too hot. To leave the bottle in the dining-room for some hours is the best plan, and in cold weather tolerably near the fire.

Any good wine merchant will advise as to the choice of wines, and will explain that not only do vineyards differ, but seasons ; so that a third-class wine of a good year is often better than a first-rate one of a bad season. Except in buying a cheap *ordinaire*, you should never purchase unless the year is stated.

For the wines of France, great age is a curiosity rather than an excellence ; fifteen years is almost enough for perfection in the great growths, and ten for the others. Details of vintages will be found later,

and also instruction as to the handling and care of wine.

Those who desire that their tables should have distinction will do well to bear in mind that good champagne is enjoyed at the moment, but a fine natural wine has so much individuality that its bouquet and perfume linger in the memory like the scent of a flower. We do not forget the house where we have drunk a good claret or Burgundy, especially if it is one of those which are rarely met outside France. For instance, Haut Brion, one of the four first growths of Bordeaux, is comparatively little known, and no wine excels it at its best.

Nor is anybody likely to be unmindful of Château Yquem, that superb Sauterne which is too saccharine and perfumed to drink with solid food, and should be only tasted in small glasses with sweets or fruit. Other wines of the same type, such as Château Filhot, Château Vigneau, are at their best almost equal to Yquem—and a great deal cheaper. Any of these is a perfect accompaniment to strawberries or to the ripe pear. Port is a fine creature no doubt, but why always port? Why not sometimes Madeira which, if good, holds as many flavours as there are colours in the rainbow?

For ordinary every-day use, the ordinary types serve—if the wine be pure. Everyone who cares for wine develops a palate or at least a fancy for particular growths, and it is a pleasant hobby to pursue the thing that is both cheap and good. But it should always be remembered that it is just as important to have cheap wine served properly as dear wine; a little change of temperature makes the difference between pleasure and disappointment.

Few modern homes have cellars, and it is therefore

better, if you buy a stock, to let your wine merchant keep it for you. What you have, should always be kept lying on its side so that the cork may be in contact with the wine and therefore moist. Dry corks let in the air, which is wine's worst enemy. Old wine, of course, needs careful handling and opening (*see* p. 218), or the sediment will be disturbed ; it should always be decanted, leaving the lees. White wines have this advantage over red, that there is practically no sediment in them. Sherry and Madeira can be kept for many days after uncorking without detriment to the wine ; but every French wine should be drunk, if possible, on the day it is opened.

It is hardly necessary to say that bad champagne is an abomination. But a word may be put in against the exaggeration of dryness. Champagne is meant to be sweetened, less or more ; the French, who drink it as we drink port after the courses, like it sweeter than we do. But to pay large sums of money for an effervescence which tastes of unripe grapes is simple silliness. No man who has the natural instinct for wine ever pretends to like it.

And it should always be remembered that for less than half the cost of an ordinary passable champagne, you can give your guest natural wines of the finest distinction, while for much less than half that price you can provide a sound, wholesome, pleasant table wine.

To these pages, written by an enthusiastic amateur of limited means, may be added a series of notes from a great authority, Mr. Charles Berry, of St. James's Street. He begins with aphorisms :

> Never despise beer. Nothing is more palatable and wholesome than a glass of good October brew.

In choosing a wine for dinner, always consider the menu. The question is often put : What shall we drink ? And the only answer is : What are we going to eat ? Either choose your dinner to suit your wine, or your wine to suit your dinner.

The following is a good basis to work upon : White wine with fish, red wine with game ; sparkling Champagne accommodates itself to anything. In the same way that you would not always eat either beef or mutton, you must vary your wine according to your mood, the weather, and a dozen other conditions.

A glass of sherry with soup is not to be rejected without good reason, but it must be dry. When it is, it serves as an excellent Master of Ceremonies.

The only fish that can be eaten pleasurably with red wine is red mullet. With this fish an old Burgundy or Rhone Wine, light in character, is a happy blend—and a mild Burgundy sauce can be served with it.

Chablis is ideal with oysters if it is pure and has a delicate and somewhat flinty flavour. White Burgundy, if not a chablis, is not suitable. Certain of the fine old Meursaults and Montrachets, full of flavour and body, go well with a joint.

Champagne is good with veal ; so are Moselle, Hock, Sauternes and Graves.

With the joint, drink a good claret, not warm but with the chill off. It must be old.

With game, drink Burgundy. There is no question about this. But if you cannot get old Burgundy, then substitute old Claret.

By old, I mean old and good. An inferior

wine kept too long is to be avoided. Everything depends on the vintage in the first place, and then on how it has been kept.

All good wine is of necessity more costly than ordinary wine ; but in cutting my habit to suit my cloth I would never hesitate to choose one bottle of good to two of ordinary. The miracle at Cana of Galilee made *vin ordinaire* old.

For dessert—port, madeira, East India sherry. But port after champagne is fatal in its effects.

For the climax—old brandy enjoyed with reverence.

Do not believe anyone who tells you old brandy should be poured into big glasses. Choose a narrow, tulip-shaped glass which will concentrate and not diffuse.

There are a host of wine distributors, but few wine merchants.

Hints on the Cellaring, Treatment and Serving of Wines

The wine cellar should be kept at an even temperature, as nearly as possible at 55° Fahrenheit, well ventilated, but free from draughts. The deeper underground it is and the further away from heating apparatus the better.

A dry cellar is desirable, especially for sparkling wines, which are harmed by damp.

The wine cellar MUST be kept clean ; no sawdust should be brought into it.

Champagne and other wines with no sediment, however, can be stored in their original cases, care being taken that the cases lie flat, and not on their sides or ends.

Old crusted ports must be binned with the white splash mark uppermost.

Champagne (and other sparkling wines) and white wines, generally, should be kept in the lowest or coldest bins. Port, sherry and similar wines of greater alcoholic strength may be kept in the upper bins.

Spirits and liqueurs may with advantage be kept *standing up*.

Old bottled Still Wines should be decanted before serving. The operation of decanting should be performed with care. A suitable corkscrew should be used, not one of a narrow gimlet pattern, which is unsuitable for old bottled wines and will pull away the centre of the cork. Use a corkscrew of a wide-spread thread *with flattened edges*. No crust, sediment, or deposit should be allowed to enter the decanter. It is a good plan to stand the bottle up for several hours before decanting, so that any deposit may fall to the bottom of the bottle and allow the wine to be decanted bright. Forty-eight hours standing up will not damage any wine and will not be too long in many instances.

Vintages

A list of vintages, also supplied by Mr. Berry, is given here, not so much for use as for reference. Anyone who can memorise the great years will find it a helpful guide when choosing wine at a restaurant, at home, and still more abroad.

Clarets

1899, 1900 and 1904.—Very fine years.

1906.—Wines of good body and colour.

1908.—Wines of good body and colour—but of variable quality.

1909.—Well-developed wines.

1911.—Some soft fruity wines.
1914.—Pleasant wines of good bouquet.
1917.—Agreeable wines.
1920.—Wines containing more alcohol than usual. They should keep well.
1921.—A good sound wine.
1922.—Rather light wines; good bouquet. Should be drunk quickly.
1923.—Wines of fine quality.
1924.—A great vintage.
1928.—Promises to be excellent.

Burgundies

1898 and 1899.—Two fine vintages, of which the first is the better.
1904.—Fine vintages as regards both quantity and quality.
1906.—Wines of superior quality.
1912.—Good sound wines.
1913.—Soft wines. Fine bouquet.
1914.—Above the average, good colour, fruity flavour.
1915.—A great year.
1916.—Fine wines. Quantity limited.
1917.—A small vintage, delicate and fruity.
1918.—The wines of this year are distinguished by their delicacy and bouquet, maturing rapidly in bottle.
1919.—Remarkable vintage. The wines are soft, delicate and have a good bouquet.
1921.—Remarkable vintage.
1922.—Above the average in quantity and very satisfactory in quality.
1923.—Magnificent in colour, distinguished, fine body and bouquet. Quantity limited.
1924–1926.—Some good wines.
1928.—Excellent, but owing to early hail, a very small yield.

German Wines

Hock, Moselle, Palatinate, etc.

1893.—An excellent year.

1895.—Very good wines.
1904.—Very good indeed.
1911.—Very good.
1921.—No year, not even the famous 1857, equals this vintage. It is also a great year for Sauternes, Chablis and Vouvray.
1925.—Some good wines.

Champagnes

1904.—A fine wine.
1906.—A very successful year, but it is difficult to obtain and its quality and state depend much on how it has been kept.
1911.—A fine year—the best for some years. In perfect condition at the present time.
1919, 1920 and 1921.—All these vintages will probably be much sought after and command high prices in a few years.
1928.—Promises to be excellent.

Port

1887.—If this vintage had not coincided with the Jubilee probably not much would have been heard of it.
1890.—Good wine, a little thin and inclined to be dry.
1892.—A small quantity of good wine—inclined to be light
1894.—A good wine of which not much has been shipped.
1896.—One of the best vintages of more recent years. It has developed a fine flavour and such a wine as Taylor's 1896 has what might be described as the "distant smell of the violet," an attractive and much sought-after bouquet.
1897.—Very good but little shipped.
1900.—Very good indeed. Very scarce.
1904.—Good wine.
1908.—Fine wine of good body and flavour, which will keep for many years and improve.
1912.—A wine with a great future before it.
1917.—A wine of great quality and flavour, rather light.
1920.—A better wine than that of 1917, good flavour and will develop well.
1924.—Very good quality: rather light.

Cocktails

Those who want to drink cocktails can find scores of advisers to give them lessons. All that is necessary is to choose amongst a wealth of receipts.

Those who respect the wine they are going to drink will be content with sherry and bitters or with vermouth (Chambéry Vermouth, not so well known as other brands, has a pleasant and distinctive taste). In summer a mixed Vermouth—French and Italian, with orange juice, well iced, is refreshing. The Spanish habit of eating olives with vermouth is a very good one.

Orange juice with a little good brandy makes a very good pick-me-up.

Chip potatoes, bone dry and paper thin, well salted with ground *gros sel* (p. 16) go well with any cocktail. So do the thinnest slices of stale bread which have been browned and crisped in the oven and spread with Gentleman's Relish. Best of all are crisp cheese straws.

Cups

(Mr. Charles Berry's Receipts)

Hock, Moselle or Champagne Cup

One bottle Hock, Moselle or Champagne.
One bottle Soda Water.
Two small wine-glasses Brandy.
One liqueur glass Curaçao, or other liqueur.
One sprig of Borage.
Fruits in season—strawberries, peaches, cherries, bananas, cucumber peel.
Ice.

Claret Cup

Ingredients as above, but for Soda Water substitute Lemonade.

Note.—If borage and cucumber are used in making these Cups, they should only be allowed to remain in the drink for the shortest time. The same applies to banana.

INDEX

Almonds, blanched, 24
—— salted, 24
Aniseed tea, 210–211

Bain-marie, 19–20
Baking, 22
Barding, 23
Beef :
  à la mode, 74
  baked fillet of, 74
  Chateaubriand, the true, 76
  fillet of, in terrine, 78
  olives, 75
  steaks, 76
  —— fillet, 76
  —— fried, 77
  —— —— grilled, 77, 78
  —— —— with olive sauce, 77
  tournedos à la Thonon, 78
  —— on fried bread, 78
"Bouquet," 24
Braising, 22
Bread crumbs, 24
—— —— for game, 24
—— —— raspings of, 24

Butter :
  anchovy, 25
  horseradish, 25
  mustard, 25
  salmon, 25
  sardine, 25
  tarragon, 25
  to clarify, 25
  use of in cookery, 17

Cakes and Biscuits :
  almond biscuits, 196
  barmbrack, 190
  bottle, 196
  chocolate, 191
  corn bread, 191
  gingerbread (Portuguese), 192

Cakes and Biscuits—*continued.*
  gingerbread (soft), 192
  ginger wafers, 196
  Guard's cake, 193
  layer cakes, 193
  nut loaf, 194
  oat cakes, 197
  oatmeal biscuits, 197
  potato flour cake, 195
  sablés, 197
  shortbread, 197
  soda, 195
  Strathpeffer Scones, 198
  walnut cake, 195
Camomile tea, 210–211
Caramel, 26
Casserole cooking, 20
Celery stuffed with cheese, 203–204
Cellaring, hints on, 217–218
Champagne cup, 221
Cheese, various kinds of, 202–203
Cheese Dishes :
  celery stuffed with gorgonzola, 203
  cheese croquettes, 204
  —— balls, 204
  —— fondue, 204
  —— omelette, 156
  —— savoury, cold, 205
  —— soufflé, 205
  —— straws, 205
  —— tartlets, 205
  —— wafers, 206
  Welsh rabbit à la Royal York, 206
Chestnuts, to cook for purées, 26
Chicken : 94—101
  boiled with rice, 96
  bones, grilled, 99
  braised, 96
  en casserole, 96
  creamed, i., 97
  —— ii., 98
  croquettes of, 98
  fat, uses of, 95

Chicken—*continued.*
fricassee of, 98
fried, 99
grilled, 99
jelly for, 100
Maryland, 100
roast, 100
scollops of, 100
soufflé of, 101
stuffing for, 95–96
with tarragon, 98
Chocolate, how to make, 209–210
Claret cup, 221
Cocktails, 221
Coffee, how to make, 208–209
—— iced, 209
Consommé, 34
—— cold, 34
Cordon-Bleu Cookery School, x.
Corn bread, 191
Court bouillon, 51
Cream, use of, in cookery, 17
Croutons, croutes and croustades, 25
Cups, 221
Curry, 92

Duck :
braised, 101
cold in jelly, 101
en cocotte, 102
cold roast, 102
sauce for, 102
stuffing for, 102
warmed-up, 102
wild, 107

Egg, white of, how to beat, 26
Eggs and Egg Dishes, 155–162
eggs with Anchovy sauce, 160
à la Belle Aurore, 160
boiled, 157
buttered, 158
with chickens' livers, 160
cold on canapés, 161
en cocotte, 158
à la Créole, 160
on a dish (sur le plat), 159
à la Florentine, 160
with foie gras, 162
fried, 159
au gratin, 160
jellied, 162
Eggs and Egg Dishes—*continued.*
omelettes. *See* Omelettes.
poached, 159
à la Mornay, 161
with onion sauce, 161
Parmentier, 161
with shrimps, 161
stuffed with lobster, 162
à la Verdi, 162
Eggs for thickening sauces, to prepare, 26
Extravagance in cooking, 17

Fat, to clarify, 26
—— for frying uses, 26

Fish :
to boil, 50
to cook in butter, 54
to cook au gratin, 52, 71
court-bouillon for, 51
to fry, 51
general directions, 50
to grill, 54
à la Meunière, 54
to poach, 53
quantity required per head, 50
warmed-up, 70–72
bream, 54
brill, 55
cod, 55
—— baked, 55
crabs, dressed, 55
crawfish, 59
croquettes of, 71
a Dutch way with, 71
eels, matelote of, 56
gurnet, 56
haddock, fresh, creamed, 56
—— smoked, 57
—— —— creamed and browned 57
—— —— soufflé of, 57
—— —— and rice, 57
hake, 57
halibut, à l'Etienne, 58
—— au gratin, 58
herrings, filleted, 58
—— grilled, 58
—— soused, 60
John Dory, 59
langouste, 59

FISH—*continued.*
lobster, cold, in scollop shells, 60
lobsters, 59
—— Fricassee of, 59
—— in jelly, 60
—— à la Newburg, 59
—— in scollop shells, 60
mackerel, fillets of, with anchovy butter, 60
—— à la Meunière, 60
—— soused, 60
—— with taragon butter, 61
—— with tomato sauce, 60
red mullet, 61
—— baked, 61
—— cold, 62
—— grilled, 61
—— au gratin, 61
—— en papillotte, 61
mussels,
—— à la marinière, 62
oysters, 63—64
—— angels on horseback, 63
—— fried, 63
—— grilled, 63
—— poulette, 64
pancakes, 71
perch, 64
pie, 71
pike, 64
—— au gratin, 65
—— suprême of, 65
plaice, 65
pollock, 65
salmon, 65
—— with cream sauce, 65
—— grilled, 66
—— en papillotte, 66
salmon trout (river), 66
—— au bleu, 66
—— (sea), 66
—— à la Meunière, 66
sardine savoury, 201
sardines, fresh, 67
sardines, on toast, 201
scollops, 67
—— cold, 67
skate with black butter, 67
smelts, fried, 86
—— stuffed, 68
smokies, 68
soft roes, 120
FISH—*continued.*
soles, 68
—— à la Colbert, 68
—— fillets of fried, 68
—— fillets of with lobster sauce, 68
—— fried, 69
—— fried julienne of, 69
—— grilled, 69
—— à la Marguéry, 69
soufflé, 72
turbot, 69
whitebait, 70
whiting, 70
—— au chablis, 70
—— au gratin, 70
—— à la Ivy, 70
FOWLS. *See* Chicken.
frying, 22
FRUIT:
on buying, 186
uncooked dishes, 187–189
banana purée, 187
banana and strawberry purée, 187
figs and cream, 187
fruit fools, 187
fruit salads, 187
melon en surprise, 188
melons, 188
oranges with macaroons, 188
pears, 188
pineapple, 189
pineapple with strawberries, 189
red currants, 187
rum tutti-frutti, 189
Frying, 22

Game birds, 106–109
GAME:
jelly for serving with, 108
mousse of, 108
orange sauce for, 109
salmis of, 109
soufflé of, 109
Gelatine, how to use, 175–176
Glaze, 32
GOOSE:
braised, 103
roast, 103
sauce for, 103
stuffing for, 103

Grilling, 22
Guinea fowl, 103

Ham, boiled, 84
—— —— (French recipe), 85
—— and parsley jelly, 85
Hare, saddle of, 112
—— port wine sauce for, 112
Hock cup, 221
Hors d'œuvre, suggestions as to, 28–29

Ice-box, necessity for, 18

Jelly, how to clarify, 179
—— for chickens, 100
—— for serving with game, 108

Kidneys, calf's, 90
—— —— or lamb's, 91

Lamb, blanquette of, 81
—— cold, 81
—— cutlets, 81
—— à la poulette, 81
Lamb's kidneys, 81
Larding, 23
Lime-flower tea, 211
Liver with kidneys, 91
—— calf's, with onions, 91
—— —— sauce for, 91

Macaroni, 165, 166
—— au gratin, 166
Mayonnaise, 148
—— asparagus, 149
—— cream, 149
—— horseradish, 149
—— with purée of peas, 149
—— tomato, 149
Meat:
general directions for cooking, 73
baking or roasting, 73–74
warmed-up, 92–94
mince of beef à la Parmentier, 93
mince, with savoury rice, 94
—— in pancakes, 94
Mint tea, 210–211
Mutton:
boiled leg of, 82
boned leg en casserole, 82
braised leg, 82
Mutton—*continued.*
cutlets en casserole, 82
roast leg, 82
ragout of, 83

Nut loaf, 194

Omelettes, 155–157
directions for making, 156
asparagus, 156
beaten, 156
cheese, 156
fines herbes, 156
ham, 157
kidney, 157
Landaise, 157
mushroom, 157
onion, 157
Reform, 157
rice, 157
Ordering, the art of, 14
Ox-tongue, braised, 79
Oysters. 63–64

Partridge, braised, with cabbages, 107
—— en casserole, 107
—— cold baked, 107
Pheasant, braised, 108
—— à la Chippolata, 107
—— stuffed with chestnuts, 108
Pigeons, 103–104
—— with green peas, 104
—— grilled, 104
—— en papillotte, 104
Pork, 83–84
—— cutlets, 83
—— —— grilled, 84
—— fillet of, 84
—— spare ribs of, 84
—— steaks, 84
—— sausages, 84
Potatoes, 113–119
varieties of, Dutch, 113
Anna, 113
boiled, 114–115
Carlton, 115
croquettes of, 116
chip, 115
creamed, 115
Dauphiny, 116
fried, 116
with ham au gratin, 116

Potatoes—*continued.*
Lyonnaise, 118
mashed, 116
purée of, 117
—— with beetroot, 117
—— with haricot beans, 117
sauté, 117, 118
Savoyard, 117
soufflé, 118
soufflé of, 118, 119
Poultry. *See* Chickens.
Poussin en casserole, 96, 97
—— grilled, 99
Praline Powder, 27
Puddings. *See* Sweets.

Rabbits, 109–112
—— à la St. Avertin, 110
—— baked, 111
—— en casserole, 111
Raspings of bread, 24
Red currant jelly, 45
—— —— with celery, 45
—— —— with mint, 46
Rice, 163
—— with butter, 164
—— savoury, 164
Risottos, 164–165
Roux, white, 26, 34
—— brown, 26

Salad dressings, 147–149
Salads :
directions for making, 146–148
artichoke and foie gras, 149
beetroot, 150
—— and chicory, 150
—— and horseradish, 150
cabbage, 150
cauliflower, 150
celeriac, 151
celery, 151
chicken, 151
—— mayonnaise, 151
cucumber, 151
dandelion, 151
fish, 151
fruit (with French dressing), 152
—— sweet, 187
herring, 151
—— roe, 152
Japanese artichoke, 152
Salads—*continued.*
lamb's salad, 152
leek, 152
partridge, 153
potato, 154
seakale, 154
tomato, 154
—— and French bean, 154
—— and sweet corn, 154
vegetable, 152–153
Sandwiches, 206, 207
Sauces :
cold, 45–46
fish, 46–48
hot, 41–45
béarnaise, 42
béchamel, 43
black butter, 47
brown butter, 47
for calf's liver, 91
celery, 43
chivry, 43
cranberry, 43
celery, 45
cucumber, 47
for ducks, 102
Espagnole, 43
for fillets mignons, 79
fish stock, 47
for goose, 103
for hare, 112
for herrings, 59
Hollandaise, 44
horseradish, 46
lemon butter, 47
lobster, 47
maître d'hôtel, 46
Maltese, 44
mayonnaise, 148–149
—— asparagus, 149
—— cream, 149
—— horseradish, 149
—— with purée of peas, 149
—— tomato, 149
Mornay, 44
mussel, 48
mushroom, 44
mustard, 48
Normandy, 48
onion (or soubise), 44
orange sauce for wild duck, 109
poulette, 45

Sauces—*continued.*
ravigote, 46
red currant jelly and mint, 46
remoulade, 46
Robert, 45
soubise. *See* Onion, 44
tarragon, 45
tartare, 46
tomato, 45, 48, 91
vinaigrette, 46
white butter, 47
white sauce, 42
Sausages, 84
Savouries, 199–202
anchovy, 199
artichoke, 199
cheese, 203–206
chicken liver soufflé, 200
croustades of bloater, 200
foie gras, 200
game liver croutons, 200
ham and cheese, 200
—— soufflés, 200
mushroom, 137–138
oyster, 63, 64
pain perdu au thon, 201
sardine savoury, cold, 201
sardines on toast, 201
soft roes, 201, 202
Scones, Strathpeffer, 198
Soufflés :
directions for making, 172
chocolate, 173
—— and coffee, 173
coffee, 174
fruit, 174
lemon, 179
orange, 174
pineapple, 181
praline, 174
prune, 174
rice, 174, 175
rum, 175
vanilla, 175
Seasoning, 16
Soups. *See* Stock.
to clarify, 33
to thicken, 34
artichoke, 37
brown bread, 35
carrot and tomato soup, 37
cauliflower soup, 38
Soups—*continued.*
celery and tomato soup, 38
clear soup, 34
consommé, 34
—— cold, 34
—— with poached eggs, 35
Crécy, 38
crème du Barry, 3.
—— sophy, 38
croûte au pot, 35
cucumber, 39
game, 36
marrow, 39
mimosa, 36
mushroom, 39
onion, 39
oyster, 36
pea, 40
potato and cress, 40
rice, 36
sorrel, 40
vegetable, 36–40
Spaghetti, 165
—— à la Betty, 166
Steaks, 76–79. *See also* Beef.
—— Viennese, 79
Stock, 30–32
brown, 30
chicken, 32
for consommés, 32
fish, 32
to keep, 31
to remove fat, 31
white, 32
Stuffing for chickens, 95, 96
for ducks, 102
for geese, 103
for turkeys, 106
for wild ducks, 107
Sugar as seasoning, 17
Sugars, orange, 27
—— vanilla, 27
Sweetbreads, calf's, 92
Sweets :
apple charlotte, 168
—— pies, 184
apples, baked, 167
apples, fried, 168
apricots, meringued, 168
banana purée, 178
bananes flambées, 168
bread and rum pudding, 168

Sweets—*continued.*
cherry mousse, 176
chestnut bavarois, 176
—— croquettes, 169
—— cream, 176
—— purée, 177
chocolate cream, French, 177
—— ——marquise, 177
citron puddings, little, 169
claret jelly, 178
cream whip, 177
crème brulée, 177
custard, baked, 177
—— French, baked, 178
—— little pots of, 178
fools, fruit, 187
fritters, fruit, 170
fruit, uncooked. *See* Fruit.
—— whips, 178
jelly, claret, 178
—— strawberry, 179
lemon pie mixture, 184
—— soufflé, 179
macédoine of fruit, 179
marmalade tart, 185
mince pies, 185
mousse, cherry, 176
—— Madeira, 179
peaches flambées, 170
pear tart, 185
pears à l'impératrice, 180
—— in the oven, 180
—— stewed, 180
pineapple meringue, 180
—— and rice mould, 170
—— soufflé, 181
prune meringue, 171
—— pie, 185
—— whip, 181
prunes, stewed, 181
rice pudding à la Française, 181
—— à l'impératrice, 182
snow eggs, 182
strawberries and semolina, 183
strawberry mousse, 183
—— shortcake, 171
—— tarts, 185
Zabaglione, 171

Tarts. *See* Sweets.
Tea, 210
—— iced, 210
Tea—*continued.*
—— as a pick-me-up, 210
Teas, herb, 210–211
Thermometer, kitchen, 201
Time-table for roasting various meats, 74
Tisanes, 210–211
Toast, 16
—— Melba, 29
Tournedos. *See* Beef.
Turkeys:
braised, 104
à la Chippolata, 105
roast, 105
stuffing for, 106
warmed up à la Chippolata, 105

Utensils, choice and care of, 19

Veal, 85–90
blanquette of, 86
braised, 87
cakes, 87
en casserole, 88
cold, 88
sautéd cutlets of, 88
escalopes with purée of onions, 89
—— à la Viennoise, 89
jellied, 89
loaf, 90
olives, 90

Vegetables:
choice of, 120
general directions, 122
artichoke bottoms with foie gras, 199
—— —— stuffed, 199
artichokes, globe, 123
—— Japanese, 123
—— —— au gratin, 124
—— —— sautéd, 124
—— Jerusalem, 124
asparagus, 124
beans, broad, 125
—— —— mousse of, 125
—— —— and green peas, mousse of, 125
——, butter, 125
—— French, 125
—— —— with cream, 126
—— —— salted, 126

VEGETABLES—*continued.*
beans, purée of dried, 127
beetroot, boiled, 127
—— cold, 150
—— sautéd, 127
—— tops, 127
Brussels sprouts, 128
—— cooked in milk, 128
cabbage, 128
—— au gartin, 128
—— stuffed, 128–129
carrots, 129
—— with béchamel sauce, 129
—— creamed, 130
—— purée of, 130
—— with stock, 130
—— à la Vichy, 130
cauliflower, 130
—— balls, 131
—— au gratin, 131
—— and tomato, purée of, 131
—— sautéd, 131
—— soufflé of, 132
celery au gratin, 132
—— cooked with gravy, 132
—— purée of, 132
—— and chestnuts, purée of, 133
—— soufflé, 133
—— stuffed with cheese, 203
chestnuts, purée of, 133
—— croquettes of, 133
chicory with gravy, 133
cucumber, 133
—— à la poulette, 134
—— sautéd, 134
—— stuffed, 134
dried, 126–127
—— purées of, 127
egg-plant, 134
—— au gratin, 135
—— and tomato au gratin, 135
—— à la Turque, 135
endives, creamed, 135
haricot beans, au gratin, 127
—— —— Bourguignonne, 127
—— —— à la Bretonne, 127
hop shoots, 135
leeks, 135
lentils, 126
lettuces with gravy, 136
VEGETABLES—*continued.*
macédoine of winter vegetables, 136
mushrooms, 137, 138
—— creamed, 137
—— extract of, 138
—— à la poulette, 137
—— sous cloches, 137
—— stuffed, 138
onion juice, 140
onions, 138
—— purée of, 138
—— soufflé of, 139
—— for stews, 139
—— stuffed, 139
parsley, to chop, 140
—— to fry, 140
parsnips, 140
peas, green, 140
—— dried, 126
—— croquettes of, 140
—— à la Française, 140
—— mousse of, 140
—— purée of, 141
salsify, creamed, 141
—— au gratin, 141
seakale, 142
sorrel, 142
spinach, 142
—— creamed purée of, 142
—— with gravy, 142
—— soufflé of, 143
succotash, 143
sweet corn fritters, 143
tomato creams, 144
tomatoes, 143
—— purée of, 143
—— stuffed, 143
turnips, 144
—— creamed, 145
—— glazed, 145
vegetable marrow, 145
vine shoots, 145
watercress purée, 145
Viennese steak, 79
Vinegars, Prosper Montagné's, 149
—— shallot, 149
—— tarragon, 149
Vintages, lists of, 218–220
Warmed-up meat, 93–94
Waste in cookery, 17

Waterfield, Mrs. 165
Wild duck, 107
—— —— orange sauce for, 109
Wine, use of in cookery, 17
Wines, 212–220

Yolks of eggs used to thicken soups, 34

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